



## Getting started – Getting on track

Why do most 'gyms' just assume you know exactly how to achieve your fitness goals and objectives? You may even have joined a 'gym' in the past, full of enthusiasm to get fit, gone along for a few weeks, then missed the odd session, felt you weren't making enough progress, got bored and before you know it you've not visited for months - and you're back to square one.

As a health club organization we, at ActivCity know there's a better way.

With the **ActivCity on Track program** you receive three complimentary Fitness Training Sessions when you join us. We want all of our members to achieve their goals, that's why whether you're an advanced trainer or new to exercise, our trainers can tailor your session to meet your targets. **These one-to-one sessions give you the chance to discuss your objectives and your current fitness levels with our trained gym professionals** - who can then tailor your fitness program to meet your short, medium and long-term needs and goals.



When you've completed your On Track program - you can expect:

- To be fitter.
- To be more confident and knowledgeable about your fitness training.
- To have been shown a range of different exercises and have a program layout to use going forward so you never get bored with your routine.
- To be getting the best value for money out of your ActivCity membership. (The first three are free along with subsequent reviews of your session of up to four per year).
- To be fully informed of the latest training developments. (Our staff is continuously developing their skills through training).
- To be on first-name terms with our fitness professionals in case you need any extra guidance along the way.

Your personal On Track program will be designed to get you to your overall objectives smoothly - so that you do so safely, at the right rate of progress for you - with the one-to-one encouragement of your trainer on hand at all times to keep you motivated.

**On Track #1:** Meet your own Personal Trainer who will assess your current fitness level and discover your own personal objectives following which you will develop and agree a personalized program with you focused on achieving your goals.

**On Track #2:** You may already be starting to notice a difference in how fitter, stronger and healthier you feel, and how much more energy you now have as a result of your initial progress.

**On Track #3:** By the time of your third On Track session you should really be on the road to realizing your goals. Take a look back and see how far you've come. You should be ready to involve even more training ideas into your sessions and be able to set a new goal as you can see your first target coming into sight. Your plan will be discussed with your trainer, whom you will have built a training relationship with to review and discuss you future goals.

**Over every session your progress will be monitored by your trainer who will deliver some of the best advice and training available in the industry today.** After your initial three sessions they will still be there for you at anytime for advice, help, hints or tips and remember you can also have your program redesigned up to a further four times each year and personal trainers are available to continue one-to-one training thereafter should you choose.

