



JUMPSTART

Introductory Personal Training Package

Jump start your way
to a healthier you!

WHAT IS JUMPSTART?

**This \$99 JUMPSTART
package includes**

- 5 sessions with a Personal Trainer
- Fitness Assessment
- Multi-equipment Training Sessions
- Customized Workout

LA **V**ITA



WHAT SHOULD YOU EXPECT AT EACH APPOINTMENT?

Session 1: Fitness Assessment

The Fitness Assessment includes a series of measurements to determine your current physical fitness level. Evaluation of your baseline fitness level includes height, weight, body composition, blood pressure, muscular endurance, cardiovascular endurance, and flexibility.

Session 2: Equipment Orientation

The Equipment Orientation provides instruction on the proper use of our Matrix cardiovascular and fixed strength training equipment.

Session 3: Cable & TRX Orientation

The Cable and TRX Orientation will expand your knowledge of resistance training by incorporating cable machines and the TRX. Learn proper form and technique, adjustment of cable settings and the use of attachments.

Session 4: Bands & Free Weights Orientation

The Bands and Free Weights Orientation incorporates functional training exercises using resistance bands and dumbbells for a challenging and fun workout.

Session 5: Customized Personal Training Workout

A Customized Personal Training Workout will be created by you and your Fitness Specialist to incorporate your goals, abilities and interests.

HOW CAN I SIGN UP?

Stop by Member Services to get signed up for this package and to schedule your appointments.

- For new personal training clients only
- Available for members only and expires 30 days from date of purchase
- Limit 1 package per member

Please come to your first appointment in athletic attire and shoes.

If you need to reschedule your appointment, please call Member Services at 608.745.3800.

LA VITA



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Sponsored by **the Sisters of the Divine Savior**