

LEGENDS GYM

FREE Fitness Outreach/Group Support Education Program

Lunch with Cody

(Try one of our delicious meal replacement smoothies while you learn)

No reason to be overwhelmed, overlooked, or afraid. You will know what to do!

*** Group Orientation Class:**

Monday 12:15-12:45

You will learn the basics on how to start your exercise program. We ask you to show up 10 minutes early to the front desk of the facility to let the receptionist know you are here to fill out your workout card so the person teaching the class can start everyone on time.

*** Easy Journey to Fitness Education Class/Fitness Challenge:**

Tuesday 12:15-12:45

We ask you to meet at the front desk. We will explain everything about exactly how to use the virtual trainer on the website, along with explaining the 4 components of Fitness each month.

Week 1 of each month: Proper eating habits

Week 2 of each month: Supplementation

Week 3 of each month: Cardiovascular training

Week 4 of each month: Resistance training

*** Advanced Strength and Cardio Training Class/Simply Assist:**

Wednesday 12:15-12:45

We will meet at the front desk. This is a non-scripted class where we are on the exercise floor to answer questions and give tips on how to advance your fitness program, demonstrate proper form, or simply show new exercises you can incorporate into your workouts.

*** Member Goal Assessment/6 Week Fitness Follow Up:**

We will do your measurements, weight, body fat, and BMI, along with going over your goals. This is a good way for each member to keep up with their results. We ask you to show up 10 minutes early to the front desk on your first assessment to let the receptionist know you are here to fill out your goal assessment sheet.