

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! Call or stop by the front desk and put your name on the education class schedule so we know who plans to attend.

Member and Non-Member Classes

* Group Orientation Class:

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 and so the person teaching the class can start everyone at the same time.

Monday 12:15-12:45 PM

* Advanced Strength and Cardio Training Class/Simply Assist:

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.

Wednesday 12:15-12:45 PM

Members Only

* 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.

Free Group Orientation Classes

- 1. Learn how to fill out a workout card in detail and take your resting heart rate/recovery after a 5 minute warm-up.**
- 2. Explain why we consider resting heart rate, exercise heart rate, and maximum heart rate, why we suggest a 5 minute warm-up before using strength equipment, and why we suggest doing actual cardio workouts after strength training.**
- 3. Administer a simple flexibility test to explain why we use the first few workouts to develop a range of motion and proper use of the equipment.**
- 4. Explain the strength circuits in detail, such as: machine sequences, pictures of exercises, machine adjustments, weight adjustments (including 5lb. increments), when to start two sets, how to fill out the workout card, why you should alternate to different circuits to keep muscles confused and avoid plateauing, and how they can come to the front desk when they need a new workout card.**
- 5. Explain how many reps to do, when to go up in weight, how fast you should go with each rep, and how to breathe during the set.**
- 6. Show members where to file workout cards when finished with each workout.**
- 7. Let each member know that if in the future they get lost, they can grab one of us and we will help get them back on the right track.**