

# WHAT TO EXPECT DURING YOUR FITNESS CENTRE APPOINTMENT

## PROGRAM DESIGN

- An initial opportunity to spend 1 hour one-on-one with a qualified health and fitness instructor.
- Have a personalised exercise program designed with your goals and abilities in mind.
- Be given a personalised demonstration of each exercise in your program.
- Take home your personal program with opportunities for regular program reviews.

## PROGRAM REVIEWS

- A Program Review is typically carried out around 8-10 weeks following the initial Program Design or previous Program Review.
- It provides you and a health and fitness instructor an opportunity to discuss your previous program and the progress made towards your goals.
- The instructor can review, assess and alter the program to further support your training and the achievement of your goals.
- You will be given a personalised demonstration of each new exercise in your reviewed program.
- Program Reviews are a great opportunity to support your training development.

## CONSIDERATIONS

- All appointments run for approximately 60 min.
- Arrive on time for your appointment.
- Have something small to eat prior to appointment.
- Wear appropriate workout clothing, including footwear.
- Don't train prior to your appointment.
- Call to reschedule if you can't make your appointment.

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