

# GET STARTED

with an  
*Introductory Fitness Session*

## **INTRODUCTORY FITNESS SESSION**

In this visit, we review your Health History Questionnaire and record your resting heart rate and blood pressure (body composition, circumference measurements and flexibility are optional). Please dress comfortably in loose clothing. Also in this session, we will introduce you to the cardiovascular and strength training equipment and design a program that is safe and effective for you. Once we know your goals, it's easy to put you on the right track for optimal results!

*For your safety, if you have been diagnosed with heart trouble, high blood pressure, Type II Diabetes or experiencing a complicated pregnancy, The Chatham Club requires a medical consent form from your physician before beginning your program.*

*Our Complimentary Fitness Session is valid within your first 60 days of membership.*

## **INTRODUCTORY OFFER!\***

**3 THIRTY-MINUTE SESSIONS FOR \$139 OR 3 ONE-HOUR SESSIONS FOR \$199**

Are you considering Personal Training? Let us show you what we do best. A basic exercise program has already been created for you, now it's time to kick it up a notch! In these sessions you will be guided through a more intense, creative approach to your workouts.

## **FREE "TUNE-UPS"**

Our complimentary tune-ups are a valuable asset to your membership. Sessions may be scheduled every 90-days as part of membership. A tune-up is just that...it's a tweak to your current workout. For most, this jumpstart may be all your program needs.

\*Introductory Personal Training Sessions are for first-time clients only. Limited purchase of one package per client. Excludes non-members.