



## What Happens Next.....

Upon joining revive you are free to use the fitness suite within the usage times allocated to your membership type. At revive Health Club's we don't believe in group inductions to our fitness suite, instead we would rather look after you as an individual and recommend that you book in for a personalised fitness assessment. This gives you the opportunity to discuss your fitness objectives, including equipment/exercise likes and dislikes, with one of our fully qualified Fitness Consultants, allowing us to supply advice and guidance so as to help you achieve your fitness goals.

We are able to offer a full range of tests during your **fitness assessment** using the latest computerised software and equipment. Included within the session are tests for blood pressure, flexibility, lung function, aerobic capacity, grip strength, height and weight, anatomical measurements and a body composition test, thus enabling us to cater for all fitness goals.

We will build your assessment around your individual goals and will then use the results to help us design you a personalised programme. The **programme design** session will occur through a separate booking, allowing time for us to explain and demonstrate the exercises, to ensure you are fully aware of what to do and how to set up the fitness equipment when on your own.

After completing your initial **fitness assessment** and **programme design** session, we advise that you revisit this service regularly so as to ensure that you stay motivated and obtain the most from your training.

We generally advise that you re-schedule your **fitness assessment** every 2-3 months and ideally change your **programme design** every 4-6 weeks.

**Fitness assessments** and **programme design** sessions are included within your monthly membership subscription, this also includes all follow up sessions too!

For those that want that little bit more, for an additional charge, we can also offer Personal Training. All our Fitness Consultants are REP's certified, passionate about fitness and here to help you! We also run a member reward scheme linked to fitness suite attendance and again designed to help keep you motivated.

For further information on any fitness services please do not hesitate to talk to any of the revive Health Club Team.