Welcome!

Why You Are Here:

* You are here to achieve maximum potential; to help your body function at its optimal level. This time is for you. You are working with your trainer on your goals. Communication is key. You are on a course set by you and your trainer and that course can shift, change, and adapt on any given day. Make sure and communicate with your trainer how you are feeling and if you’d like to alter any goals. We aren’t about solely getting pumped up, although nicely toned muscles are a welcomed by-product, We are about reaching goals you never thought you had and living a long, happy, healthy life full of whatever it is you set out to do. Simply come prepared with an open heart, mind and body.

How to Sign-Up:

* Chat with your trainer and they will take care of setting you up in our online scheduler. They will show you how to access your information, set-up payment, and sign up for sessions.

Parking

* Parking is free and plentiful in the business center.

Assessments

* Before your very first training session, you will receive a full fitness assessment. This process can be a bit lengthy (approx. 60-90 min). This is THE MOST IMPORTANT part of you and your trainer’s journey together. This is where the course is set and how we measure progress.
* Don’t come in sore to an assessment. Your trainer needs you ready and able to perform many movements without pain.
* Please wear shorts. Women, please wear a sports bra. Your trainer will need you in a minimal amount of clothing to best assess your individual body.

What to Expect:

* Expect sessions to be 50 minutes long. Please arrive on time.
* Expect a place to hang your hat. Once in the door, storage is against the wall to your right for coats, and under the bench for bags, shoes, etc.
* Expect to move- please come dressed in appropriate workout attire.
* Expect to drink a lot of water. Water is provided, but please bring your own water bottles.

Bathrooms

* There is a bathroom located in the center of our building. Please help yourself.

Things to Have

* Shoes - I recommend a pair of minimalist shoes to train in. Some of my favorite brands are: Merrell, Inov-8, Vivo, New Balance and Altra. If you know your size (always err on the larger side) ordering online is great. If you prefer to shop in a store I recommend Gold Country Run + Sport or another local sporting good/shoe store. Just make sure to inform the sales representative that you’re looking for a “minimalist 0mm drop” shoe for training in the gym.
* Foam Roller - This piece of equipment is an essential home compliment to any training program. Often your trainer will give you homework and more often than not a foam roller will be a necessary tool for you to use. The best place to purchase a foam roller is through Amazon or most sports stores.

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