

WELCOME to FITOLOGY!

We're so excited you have selected us to lead you in your fitness and health journey. Our group classes are for everyone – all levels, all ages, all sizes. When we come together on our main floor, or our cycling studio, we come with one common goal: to achieve an optimal fitness level. Together we will run, ride, jump, kick, lift, pump, punch, push, laugh, sweat and breathe. We will truly get there TOGETHER.

This new member letter will quickly acquaint you with the FITJourney you're about to experience as a member of FITOLOGY.

WHAT TO EXPECT:

Stepping onto our group fitness floor or indoor cycling studio can cause anxiety if you are new to FITOLOGY, new to working out, or new to Les Mills programs. Don't worry; it's normal. It will go away.

Our skilled instructors will lead you through each class from an elevated platform. They will tell you the name of the move, how to perform it correctly, how many times to complete it and at what tempo. Because there are always different member ability levels in the class, the instructors will always give you a moderate option as well as a challenging option for each exercise. You'll be able to hear and see them clearly, in-person as well as on-screen, thanks to our awesome sound and video equipment. It takes about three to six classes to really get the hang of any Les Mills program. Oh, and expect to sweat and smile.

WHAT TO WEAR:

It's important to make sure you are wearing the best athletic shoes for your feet and athletic clothes for your body. The right pair of footwear can definitely help prevent pain and reduce injury. We recommend visiting one of the local sporting goods stores for a proper fit and model. The right clothing can help minimize skin irritation and maximize comfort. We recommend tighter but not constricting apparel, made with a moisture-wicking fabric.

SELECTING YOUR WORKOUT ROUTINE:

We highly recommend that you read all the descriptions of the Les Mills programs online and even watch the short videos. Just click on the links. After you get a sense of which classes look appealing or feel motivating, you're all set to reserve a spot for the classes you want to take. Talk with one of the instructors or send us an email and we can help you select a perfect first workout and first week routine. But here are some general guidelines:

- beginners: RPM, BodyPump, BodyFlow
- joint issues: RPM, BodyPump, BodyFlow, CXWORX

RESERVE A CLASS:

We use an online reservation system that ensures that everyone has the equipment they need in class. It also allows you to keep track of your workout routine. Most members get online Sunday night to plan their workouts for the week. If your plans change, just cancel. If the class is filled, you will automatically be wait listed and notified when an opening is available.

BODY COMPOSITION AND HEALTH ASSESSMENTS:

If you paid an enrollment fee, you receive one free BodPod body composition test and a free health assessment. Schedule your BodPod appointment online within 1-2 months after joining. One of our trained technicians will explain your results. The current possible times for September are Tuesday mornings and Thursday evenings. We will also offer additional health assessments such as blood pressure, muscular strength, fasting cholesterol, and cardiovascular fitness during the months of January, May, and September.

DRIVEN BY SCIENCE?

Yes. We conduct funded exercise research in the studio. We will recruit from the community outside of the studio as well from our members within the studio. That means, if you qualify for a study and want to participate, you can. If not, you may have a friend or family member who would like to join the study. Compensation or complimentary memberships are often rewards for participating. Look for emails and Facebook posts.

That's it for now. We promise to listen to your needs, answer your questions and provide strategies to help, all through the science of being fit. We only ask that we make this fitness journey in the most effective way: TOGETHER.

Jinger, Renea, Claire, Amy & the entire FITtribe

P.S. Questions, concerns, or comments? We would love to hear about your FITexperience at any time. Positive feedback, input and suggestions from members are how we're going to make FITOLOGY even better. Please talk with any instructor after class, or send us an email: fitology542@gmail.com