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 9905 4402 to reschedule if you can’t make your appointment.

MONASH SPORT