


# TAKE GOOD CARE FITNESS

## WHAT TO EXPECT

SNEAK PEEK INTO YOUR 1:1 SESSION!

TGCF 1:1 PERSONAL TRAINING - AGENDA		
01	arrive at the studio at your designated time slot - wear comfy clothes, indoor shoes (or workout in socks if you prefer) and bring a water bottle. there is a cooler for water refills, sweat towels, and access to a private bathroom & a shower. <i>if your training time is not between 8a-5p, use the code 3012 to enter the building! also, parking is FREE and plentiful!</i>	 <b>start time</b>
02	after you've settled in, we'll grab a foam roller - this a great time to focus on any areas you know are tight or need a little extra love that day. i'm happy to help with suggestions and/or demos if you need - sometimes folks will complete some of their PT exercises during this time as well.	<b>3-5 mins</b>
03	next, i will lead you through a full body stretch/mobility circuit to warm things up. we will often follow the same routine (yay repetition! you will know this by heart pretty quickly and could repeat it at home or on vacation or at the gym) but add in anything pertinent for that day depending on how you are feeling.	<b>3-5 mins</b>
04	after we've stretched, we will do a warm up focused on priming/activating the body for the work that will follow. this will often include things like band walks, resistance band work, glute bridges TRX movements, lighter versions of the exercises we will be doing in our main work, etc. i will demo and cue you on everything and we can always adjust and shift depending on how the body feels as we start moving.	<b>5-8 mins</b>
05	lastly, we will hop into your main work! the format can vary but generally we will work through 2-4 circuits (circuit = a grouping of 2-4 exercises completed one after another, a rest period, and repeat for a 2-4 sets). i will guide you through everything, offer helpful cues, check in A LOT about how things feel, and answer any questions you might have. it is important to note the program is ALWAYS adjustable and we can shift on the fly if needed depending on your energy and how things are feeling!	<b>40-45 mins</b>
06	<p><b>other considerations:</b></p> <p>there will be NO weigh ins, body measurements, before/after photos or tracking involved in your program.</p> <p>NO prior knowledge about lifting, equipment, exercises setting things up, gyms, working out, etc is required!</p> <p>you will have access to your programs via the trainerize app if you want to view them or repeat them at home/the gym</p> <p>if you are currently working with a physical therapist or any other health professional on anything specific, i am always happy to collaborate with them make sure we are all on the same page about your program.</p> <p>there will be music playing throughout the session at a moderate level - if you have any station recs of you'd prefer to not have music, please let me know!</p> <p>our cancellation policy is 24 hours and if you need to give your spot up permanently for any reason, the more notice the better! thank you for understanding.</p>	