

TAKE GOOD CARE FITNESS

WHAT TO EXPECT

SNEAK PEEK INTO YOUR 4:1 SESSION!

	TGCF FLEX - AGENDA	
01	arrive at the studio at your collective time slot - wear comfy clothes, indoor shoes (or workout in socks if you prefer), bring a water bottle, and your phone to access your program. there is a cooler for water refills, sweat towels, and access to a private bathroom. <i>if your collective time is not between 8a-5p, use the code 3012 to enter the building! also, parking is FREE and plentiful!</i>	 start time
02	grab a foam roller or a mat and work on any stretching or movements that feel good - this a great time to focus on any areas you know are tight, chat, catch up, and connect with your community - if there is anyone new in the group that day, we will do introductions (name, pronouns, and a fun fact like your pet's name or your fave way to move!) to welcome them!	5ish mins
03	next, we'll do a group warm up - this can vary in format but it will always be a circuit aimed at full body activation. often i will set up 4-5 stations and you'll have 45-60sec at each - move at your own pace and choose your level - demos, modifications, and cues will be offered for all movements ahead of time and i will be right there to help if needed!	5ish mins
04	when the warm up is over, it is GO TIME! you'll pull up your program on your phone, set up your stations with your group, and get to work - i will go over anything new so everyone feels comfy with the plan for the day. everyone is encouraged to work at their own pace and i am always happy to help set anything up, take anything down, and of course offer any help with form, technique, and any other questions!	40-45 mins
05	other considerations: you <i>*may*</i> need to share equipment at times or wait to use a machine - folks are SO good about being patient, working in, and adjusting when/if this happens! your group members may change - in general, you'll hang with the same humans each week. but as we know, life happens! whether schedules change, financial situations shift, or training needs change, folks may come and go and spots will be filled with new TGCF clients. there are NO assigned spots! take any space you like and just be mindful of other's stations. i am more than happy to help you find a spot you'll be comfy in and help get you set up. there will be music playing throughout the session at a moderate level. 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.	