

TAKE GOOD CARE FITNESS

WHAT TO EXPECT

SNEAK PEEK INTO YOUR 4:1 SESSION!

TGCF COLLECTIVE - SESSION AGENDA		
01	HOUSEKEEPING: Arrive at the studio at your collective time slot. Wear comfy clothes to move in, indoor shoes (or 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	GROUP WARM UP: We will kick off our session with a group warm up. This can vary in format but it will always be a circuit aimed at full body activation and mobility. Often I will set up 4-5 stations and you'll have 45-60sec at each to 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
03	WORKOUT OVERVIEW: After the warm up, I will go over the workout for the day and offer any demos or additional information needed and answer any questions about the movements. The workout will usually consist of 2 circuits/blocks with 3-4 movements in each. Your workout will be accessed/logged in Everfit. Each movement has a demo video to reference but I am always happy to give a live demo!	3-5ish mins
04	DOING THE WORK: Time to move! You'll pull up your program on your phone, set up your stations with your group, and get to work. 1-2 people will start with the 1 st circuit/block and 1-2 people will begin with the 2 nd block - We will swap after 20 mins/2-3 rounds. Everyone is encouraged to work at their own pace and choose movement variations that feel good for them. I am there to help with set up, form, weight/rep suggestions, and any other questions!	40-45 mins
05	Other Considerations: The collective is a space to benefit from personalized coaching AND an opportunity to gain confidence in navigating a gym space (ie. learning and setting up equipment, exploring movement variations, and practicing body awareness regarding challenge/intensity/pacing. You <i>*may*</i> need to share equipment at times or wait to use a machine. Folks are SO wonderful 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.	