



## **Welcome to Real Life Fitness**

REAL LIFE FITNESS PERSONAL TRAINING STUDIO  
133 Argall Way, Nevada City, CA 95959 ■ 530/265/4041 ■ Fax 530/265/0908  
www.reallifefitness.net

Congratulations and thank you for choosing Real Life Fitness to help you meet your health and fitness goals!

### **To help orient you to Real Life Fitness, we would like to make a few general suggestions in advance:**

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- Eat at least ½ hour prior to arriving. It is fairly common for people to experience hypoglycemia (low blood sugar) during exercise if they haven't eaten.
- Dress to exercise. That means comfortable and nonrestrictive clothing and athletic shoes.
- We highly recommend that you wear a heart rate monitor. It is a valuable monitoring tool. For your convenience, we have them available for purchase.
- Televisions and stereo are for your use, however the sound is muted. To listen to this equipment, please bring your headphones (RCA jack) or you may purchase headphones from us for \$6.45 (tax incl.).

### **Your Initial Fitness Assessment Appointment:**

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- After receiving and reviewing your completed forms, Scott will contact you to schedule your initial fitness assessment.
- The goal of the initial assessment is to design a 'road map' to your goals. You and Scott will review your personal goals, health history, training contract, measurements, muscle strength and flexibility. Please allow two hours for this appointment. This is also a great time for you to ask questions, thereby giving us additional information with which to customize your fitness plan.
- Come dressed in comfortable exercise clothes and athletic shoes. We will need to take some measurements and you will be doing some exercise and movement.
- All clients are assigned two trainers. Scott will discuss the details of this arrangement at this appointment.
- Have your calendar with you as you and Scott will be reviewing your schedule for the rest of the current month in preparation for reserving your training sessions. Typically your trainers will be in touch with you by phone to set up these sessions within 48 hours.
- You will be paying the first of two payments for your three month contract at this time, so please have your checkbook, credit card or cash with you.
- Scott will review the Personal Training Agreement with you and you will both sign it. You will be given a copy of this agreement for future reference.

### **Upon arriving at your training session:**

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- Warming up prior to resistance training is essential at Real Life Fitness. Please arrive 15 minutes before your scheduled start time to warm up so that your training session can start on time.
- All new clients receive a complimentary Real Life Fitness water bottle. Pick up a towel from the basket and fill up your personal water bottle from our dispenser. There is also bottled water available in the refrigerator for \$1 per bottle.
- If you have had a change in your health or medication, please mention this to your trainer prior to your workout!

### **After your training session:**

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- If you wish to take a shower, we provide complimentary bath towels and mats for your convenience.
- We also provide complimentary shampoo, conditioner and shower gel located in the shower dispensers.
- If you have forgotten any other toiletries, help yourself to our 'goodie basket' located in the restroom.

### **If you need to cancel your appointment:**

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- Your trainer has set aside time to work with you. If you are ill (or family emergency) and need to cancel, try to call your trainer as soon as possible so they can make arrangements. Your makeup appointment should be scheduled as soon as possible so you can keep on your fitness track. (It would be best if when you call to cancel, you schedule your makeup appointment at that time.)
- If you cancel your scheduled appointment for other reasons, (business, pleasure, etc.), the makeup date will be determined by your trainer. You run the risk of forfeiting your appointment if there is more than one rescheduled appointment per month.
- See our Personal Training Agreement for more information.

### **Payment methods and scheduling:**

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- Sometime between the 20th and 24th of each month, your trainers schedule you for the upcoming month. RLF will invoice you by email (mail) and payments are typically due between the 1st and 5th of the month. You may pay by cash, check or credit card.
- If you feel there may be an error on your invoice regarding the number of scheduled sessions, first contact your trainer and review it with them. For any other invoicing questions, you (or your trainer) can contact Barbi @ 265-4041 ext. 2.
- Remember that your training rate is based on the number of sessions you schedule each month. If you change the total number of sessions per month, the per-session rate may change. The levels are currently set at 1-6 sessions, 7-10 sessions and 11+ sessions per month. Our rates are always listed on our website at [www.reallifefitness.net](http://www.reallifefitness.net).
- If you are here for a worker's compensation or personal injury claim, (i.e. automobile), with prior authorization we may be able to invoice your insurance company.
- With a prescription from your health care professional for 'post rehabilitation' or 'medically necessary exercise', you may be able to deduct your training expenses from your income tax.

### **Other Real Life Fitness Services and Information:**

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- After three months of training clients receive a complimentary Real Life Fitness t-shirt. Additional shirts are available for purchase.
- We offer a variety of additional services - small group personal training and Pilates, sport-circuit training, cardio conditioning and Power Plate training - just to name a few! Please ask us or visit our website for a current list.
- FUNctional Fitness means outdoor adventures that are fun and easy! Join us during one of our "play days" - it's a great way to increase your fitness level! Our goal is to introduce new activities to our clients in an easy-going, non-intimidating climate. (See our FUNctional Fitness poster on our website)
- If you are interested in purchasing glyconutritionals (vitamins, etc.) we sell Mannatech products.
- If you are interested in purchasing home exercise equipment, we stock stability balls, Polar heartrate monitors, Spri tubing, foam rollers and Excel Nordic walking poles. Many other fitness items can be special ordered (BOSU trainers, wobble boards, etc.)
- Visa Eksyma is our massage therapist on site. He offers discounts for your first massage and has gift certificates available. To schedule an appointment with Visa call 277-9681.
- Scott and Barbi offer a variety of lectures and workshops (on-site or off). We are available to speak to service groups, clubs, sports teams, etc. We also write columns and articles on health, fitness and nutrition related topics. Ask us for more details.

**Our goal** is to help you reach a new level of health and fitness! If you ever have any questions/comments, please feel free to contact Scott @ 265-4041 ext. 1.