

Getting Started

Your Fitness Orientation Sessions

Your membership includes supervised fitness orientation sessions with a certified trainer. These appointments are designed to help you get acquainted with our strength-training and cardiovascular equipment and to develop a comprehensive and safe fitness program.

After completing your fitness orientation sessions, you will understand the principles behind our efficient and effective strength training circuit, the basic principles of aerobic exercise and have a better understanding of what it takes to reach your specific fitness goals.

You will be exercising moderately during these sessions, so please come comfortably dressed in loose fitting clothes and closed-toe athletic shoes.

Personal Training and Nutritional Counseling

Many of our members need further assistance beyond the first three fitness orientation sessions. Studies show that the ongoing utilization of a personal trainer can substantially increase your success. Whether you need the accountability of having a scheduled appointment to exercise regularly, or you are recovering from an injury, surgery or illness, or you just want a few sessions to learn something new, our certified Personal Trainers and Nutritional Counselors are here to help you succeed.

For more information on the personal training and nutritional counseling options available for you, contact your club's Fitness Director.

Taking Your First Group Fitness Class

Group Fitness classes are an excellent way to incorporate activity into your day, make friends and have fun all in one session! We invite you to participate in any class that interests you. Whether you are new to exercising or a seasoned participant, our programs are designed with you in mind.

To start slow, we recommend classes from our Group Fitness Schedule noted as "Smart Start". These classes are geared towards easing the beginning exerciser into classes that are low impact or a shorter duration. You will find complete class descriptions online as well as Class Schedules in your club. You can even try a 5-7 minute class in the comfort of your own home (See your club's Group Fitness page on the website).

If new to a class, plan to arrive 10 minutes early to introduce yourself to the instructor. This will give the instructor an opportunity to assist you with any equipment and answer your questions. Your goal in your first few classes is to become acquainted with the class set-up, learn some new terminology and have a fun workout! ***Work at your own pace, even if that means you are unable to stay for the entire class.***

Some classes may require reservations. These are noted on your Group Fitness Schedule. You may sign up online on our website. Our schedule is updated seasonally on the website.