

25 Ideas for Your Monthly Consultation

We know that it is unique for a Fitness Facility to include Training/Coaching with each membership. You might be thinking, "Is this when they will try to sell me personal training?"

The answer is no. The Monthly Consultation is where we focus on you, your goals and your plan. We lead the Central Ohio fitness market by getting our members results, and we can only do this by focusing on you.

So, instead of being worried about if we are going to push something on you, let's give you the top 25 things you can do with your Monthly Consultation:

1. Body-Fat Test
2. ActiveTrax Assessment
3. ActiveTrax Nutrition Set-Up
4. Abs, Abs and Abs
5. Glute and Thigh Workout
6. Bi's & Tri's - Arms of Steel
7. Medicine Balls and Sandbags: How to Use Them and Why?
8. How to use Ropes, Rings and Rubberbands
9. How to use Kettlebells correctly
10. Learn how to do the three GO: Fitness Warm-Ups, and use them as a workout
11. Learn how to change up your personal workout
12. Learn how to do Interval Cardio Training
13. Learn how and why to incorporate Total-Body Functional Training into your workouts
14. Work on Stretching, Range of Motion, and Flexibility Issues
15. Learn how to use the PowerPlate® (Total-Body Vibration Training)
16. Learn how to get back on track, when life gets in the way of working out
17. Learn how to do some new Functional Exercises
18. Learn how and why to use the Foam Rollers. (Self-Myofascial Release – Self Massage)
19. Help you set realistic goals, and a plan to reach them
20. BOSUs, Stability Balls, Dyna-Discs, and Airex Pads - When and Why?
21. Learn how to strengthen and tighten the Core to reduce Lower-Back Pain
22. How to set-up the squat racks and other equipment to help you workout effectively
23. Have your form checked, to insure you are getting the most out of your exercises
24. Want to go heavy on a few exercises and need a spotter
25. Learn Functional Exercises to improve your sport

As a Member, you can schedule a consultation online, with a coach personally, or stopping by member services.