

FOLLOW UP

After your Fitness Orientation, you may choose to continue working with a Personal Trainer, join one of our Group Personal Trainings, or simply implement a fitness program on your own.

We offer a wide variety of training packages to help our members enhance their fitness programs. Please see our Personal Training Brochure for more details.

Please know that our Personal Trainers are always available to answer member's questions and will be glad to help you with general inquiries. Just stop by our Personal Training office!

SCHEDULING YOUR FITNESS ORIENTATION


If you wish, you can also customize your fitness orientation by choosing an introduction to Pilates.

Should you need to reschedule for any reason, we ask that you give us 24 hour notice.

To book your Fitness Orientation, please contact the Service Desk.

707.528.2582

FOLLOW US ON SOCIAL MEDIA

 @airport_club

 @airport_club

 @airporthealthclub

If you have any questions or special requests, please contact Fitness & Wellness Director: **ALESHIA FREYER**

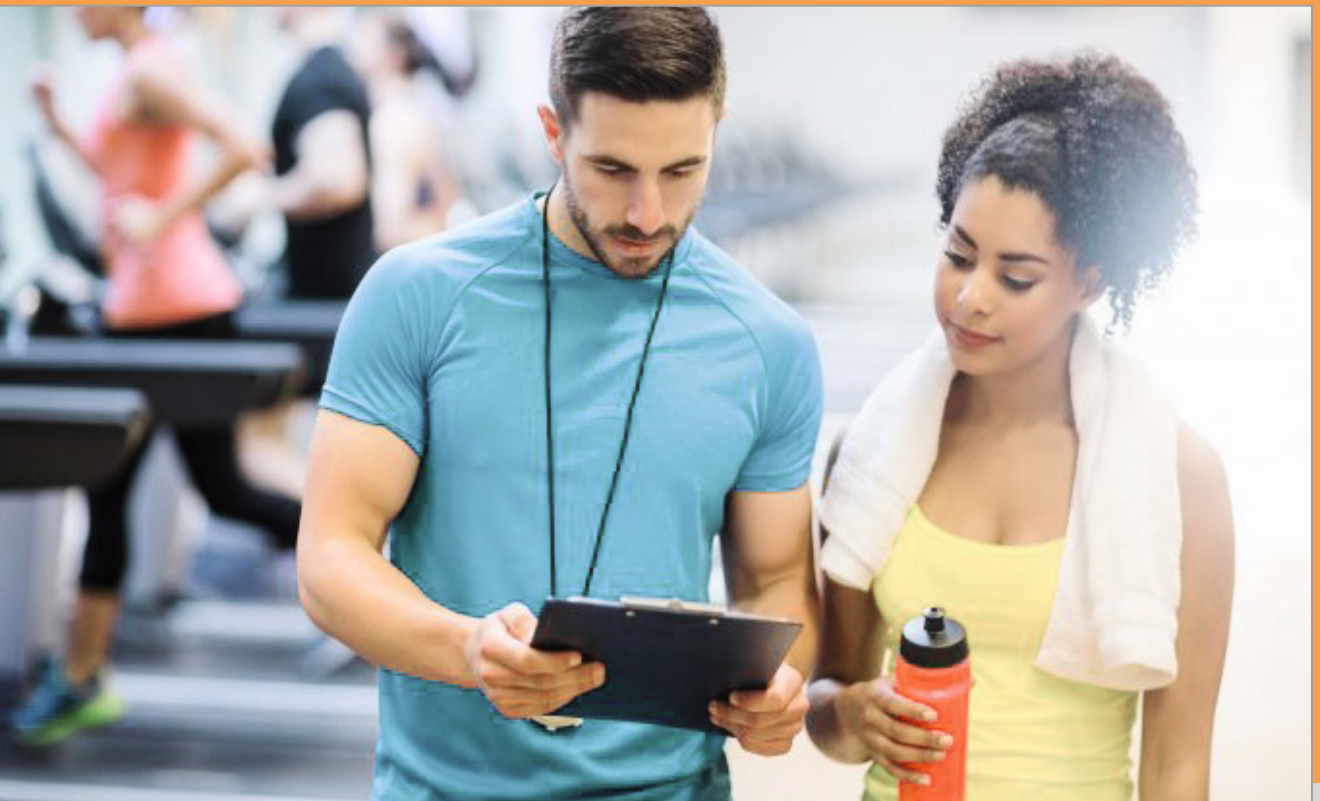
707.490.2707 | Aleshief@airportclub.com



AIRPORT HEALTH CLUB

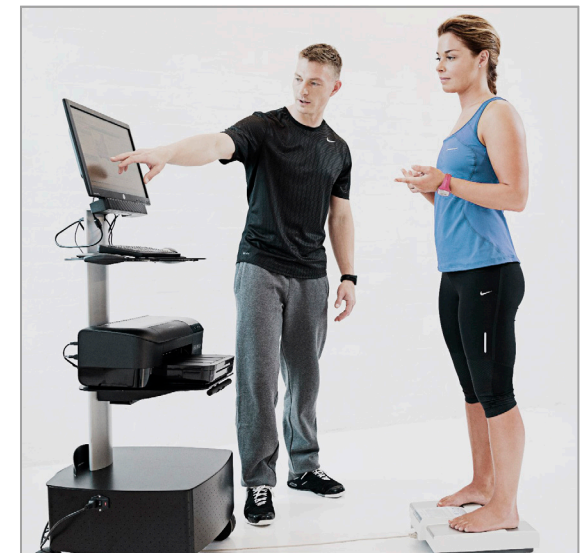


FITNESS ORIENTATION



POLAR BODY AGE SYSTEM

If you choose, a Baseline Fit Assessment can be completed during your orientation using the POLAR Body Age System. The Body Age assessment takes into account a number of health and fitness markers. This includes strength testing, flexibility, body fat percentage, cardio fitness, and more. No exertion is required during this process. The trainer can then go over the results with you and answer any questions on maintaining or improving your fitness.



ABOUT OUR FITNESS ORIENTATIONS

As a new member of the Airport Health Club, you will receive a complimentary fitness orientation. This orientation, led by a Personal Trainer, is designed to familiarize you with the gym and offer recommendations on how the club can help your fitness journey. Upon arrival you will be given a brief health

history form to complete. During your visit, you and the Personal Trainer will go over which free group classes, machines, or training options are right for your fitness and comfort level. Trainers can also assist members on machine use, class locations, and how to book classes (if applicable).

The BodyAge assessment takes into account a number of health and fitness markers. This includes a person's strength, flexibility, body fat percentage, cardiovascular fitness, nutrition, and more to calculate the fitness of their body.