



# FITNESS ORIENTATION

## 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 Assistant General Manager: **SUE FREYER**

707.521.2491 | [Suef@airportclub.com](mailto:Suef@airportclub.com)

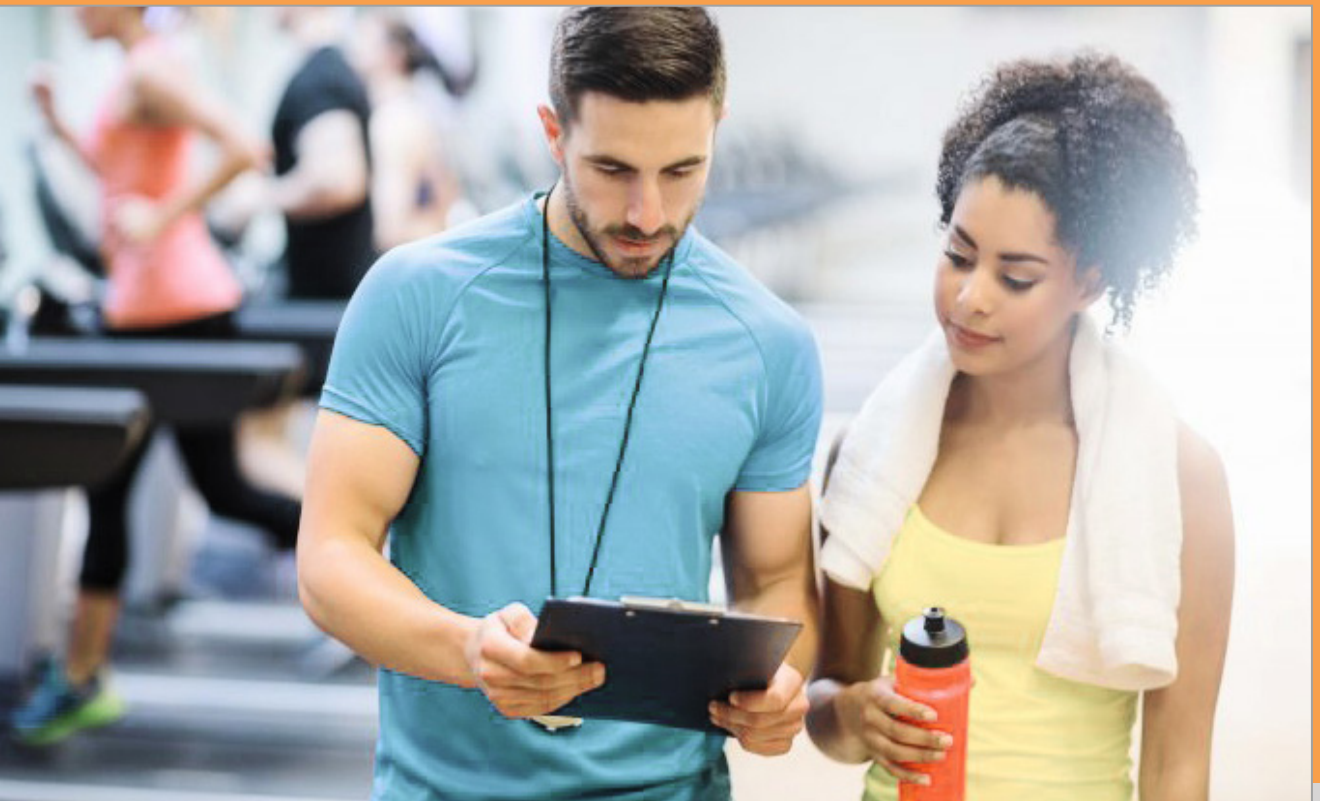
## FOLLOW UP

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!





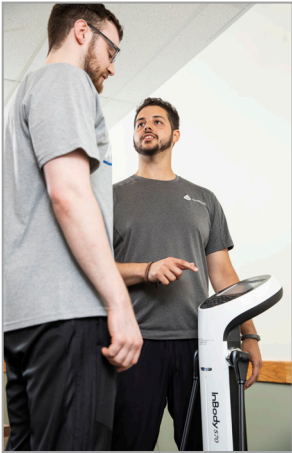
## BODY COMPOSITION ANALYSIS

We are happy to invite you on a journey of self-discovery and transformation with our new InBody Composition scanner. Gain valuable insights into your body composition and set the foundation for your fitness goals. This incredible machine goes beyond traditional measurements, giving you a comprehensive understanding of body fat percentage, water distribution, muscle mass and efficiency. The InBody machine offers a noninvasive scan that only takes 45 seconds. A full body analysis is the perfect starting point for your fitness journey and will help you set realistic goals and track progress along the way.

## 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).



**InBody 570**

**Inbody Scan Pricing:** \$20 for members

**Contact Sue to schedule your scan:**  
[Suef@airportclub.com](mailto:Suef@airportclub.com)