



Ultimate 8-Week Member Experience

Includes the following:

- ✓ Complete review of the individual's personal fitness journal as it relates to their past, present and future aspirations (goals).
- ✓ Pre-exercise physiological measures such as blood pressure and pre-exercise heart rate.
- ✓ Body composition analysis via the Inbody 270 which accurately analyzes body fat, muscle and water.
- ✓ Functional Movement Screenings that evaluate balance, stability, mobility, joint function and proper movement patterns. These assessments are critical for both performance athletes and those simply wanting to improve their movement for quality of life.
- ✓ Grip strength assessment: grip or hand strength is required for both routine daily activities and athletic performance. The assessment identifies any imbalances (left or right) which could be the result of injuries or any physical activity performed on a consistent basis.
- ✓ Pushup assessment: measures strength and endurance in the muscles of the upper body including the chest, shoulders, triceps, and core. This assessment is a good indication of overall fitness.
- ✓ Plank assessment: measures the control and endurance of the back/core stabilizing muscles. Core strength is essential for exercising and every day life activities because it is the foundation of every movement.
- ✓ Any additional assessments that may be deemed beneficial to the specific member.
- ✓ Total Body Measurements.
- ✓ Based on the assessment results and the individual's goals, a personalized course of action will be presented that will progress the member towards his or her goals.
- ✓ **Receive 2 Fitness Consultations and Assessments 8 weeks apart.**
- ✓ **Receive 2 Personal Training Sessions 3 – 4 weeks apart.**
- ✓ Upon completion of the Ultimate 8-Week Member Experience, the member can receive a credit

for the full amount towards the purchase of any service in our Personal Training Department.

Ultimate 8-Week Member Experience Investment - \$99.00

*Westboro Tennis & Swim is committed to the education, safety and results of each member. For this reason, a Fitness Consultation is required for all adult members.



ABOUT OUR “RESULTS BASED” PRO FITNESS PROGRAM!

What is the Pro Fitness Program and how does it work?

Upon enrollment you will be sent a link to our online digital journal and scheduled for your first comprehensive fitness consultation and assessment. The questions in the journal pertain to your past, present and future aspirations as they relate to your health and fitness. We recommend that you complete (and e mail back) your journal in advance of your scheduled appointment so our Fitness Advisor may review the data before you meet. After your past history, goals and other pertinent information have been discussed you will undergo a series of fitness related assessments (see reverse side). At the conclusion of the visit, you will be presented with a personalized course of action that will progress you toward your goals. You will also be scheduled for your first personal training session and your follow-up fitness consultation and assessment to ensure the course of action you are following is progressing you towards your desired results. To ensure your progress never ends you may purchase as many consultations and assessments as you choose throughout the life of your membership.

Am I required to do what they advise me to do?

No. Ultimately, the decision is yours whether you chose the recommended course of action but it is our moral obligation to provide you with the best solution to your individual situation. The comparative data from the assessments eliminates the guess work as to how you are really progressing towards your goals.

Is this program similar to equipment orientations and assessments offered at other clubs?

No! Members that belong to clubs that offer complimentary and generic equipment orientations along with a basic assessment historically have a 95% failure rate. We invested in this proven program and are the only club in the area to offer it to our members.

Why does Westboro Tennis & Swim offer a program like this?

Our goal is to be known as a club that focuses on getting our members results and not just selling a volume of memberships. Most clubs focus on renting space and equipment to their members whereas the Pro Fitness Program is all about results and has been providing solutions to health club members since 1998.

What type of member benefits from the Pro Fitness Program?

One of the greatest aspects of this program is that it has been designed to benefit everyone from seasoned athletes to deconditioned seniors and everyone in between.

Athletes - In this day and age professional, amateur and collegiate athletes typically utilize or follow some type of program and coaching that provides quantitative and professional feedback on a regular basis. The feedback, which is compared and contrasted during given points in time, is critical for ensuring time is not wasted performing ineffective or plateaued routines.

Faithful Exercisers and Weekend Warriors – Despite exercising regularly, many individuals see very little in terms of actual progress. The fitness consultation and full assessment followed by the course of action is designed to turn that frustration into jubilation! This group typically possesses the desire; they just require the education and coaching to obtain their desired results.

Beginners, Intermediates and Seniors - The program offers everything needed for this segment of the population to be successful and reach their goals: education, accountability and results. These three components are absolutely essential for individuals in this group to be successful!

Schedule Your Consultation Today!

