

## How to Prepare for your Group Training Placement Consultation:

Please try to report 15 minutes prior to your appointment time to allow yourself time to change and stow any gear in lockers if necessary.

### What to Expect:

The Group Training Placement Consultation is a prerequisite to small group training. It is a one-time, 30-minute appointment to help match you with the best group training based on your current fitness level.

### How to Prepare:

This initial appointment is not a workout, but you are required to come dressed in comfortable shoes and non-restrictive clothing because there is movement involved; workout clothes are preferred. **Please bring your calendar or day planner for scheduling.** The appointment includes:

- A discussion about your health/fitness history
- A brief analysis of your movement, balance, and flexibility
- A discussion of your goals for group training (i.e. increase strength, training for specific event, etc.)
- Scheduling your small group training