

Step by Step

Congratulations on your decision to join Body Zone. We value your membership and anticipate you becoming an active member of our club. Our Step by Step member immersion program will make it easy for you to commit to a successful fitness program designed specifically for you.

Our team of certified Fitness Professionals will help you develop a plan of action customized to meet your personal fitness goals. We will provide the guidance, education, and motivation necessary to teach you how to work smarter, not necessarily harder. Whether you're just starting a fitness program or you're a conditioned athlete, working with one of our Fitness Professionals will help you get to where you want to be.

Creating a healthy lifestyle means adjusting your daily routine. The secrets to success are consistency and realistic goals with personal commitment and tracking. You can adjust your lifestyle gradually over time, achieving your goals in a manner that can be sustained and maintained.

Here's how Step by Step works:

1st Step (Week 1)

This appointment is used to review any medical limitations, perform a lifestyle and physical assessment and establish a baseline exercise program.

Orientation and Exercise Plan (Week 1-2)

Complimentary group orientation sessions are offered throughout the week to review your exercise program developed in your initial assessment. Or you can purchase one-on-one sessions with a Fitness Professional. Fitness Professionals will execute an exercise, flexibility, and cardio plan, and discuss any other programs appropriate to your particular interests.

Progress Review (Week 3)

In order to guarantee that you reach your fitness goals, a Fitness Professional will follow up with you to review your current exercise plan. At this point they will also schedule you for your complimentary personal training session.

Complimentary 30-minute personal training session (Week 3-4)

A Fitness Professional will complete your complimentary personal training session.

Lifestyle planning workshop (Week 2-4)

This is designed to give members a head start on their road to a change in their lifestyle, anchoring them into their pursuit of pre-established goals. Many different topics are covered ranging from eating habits to lifestyle modifications including exercise.

Follow-up call from Director of Personal Training (Week 6-8)

Members receive a follow-up phone call to ensure their Step by Step experience is a positive one.

**Although Step by Step is just the beginning,
your future success is guaranteed!**

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