

Your Fitness Journey Starts Here!

FITNESS SPECIALIST

INSTRUCTION · TRAINING · ASSESSMENT

Ascension Genesys Health Club has a team of degreed, certified fitness professionals called "Fitness Specialists." Their job is to orientate you to our club and equipment, assess your current level of fitness (think of it as your baseline), and get you started with a predesigned workout. There is no cost for any of these valuable appointments... **THIS IS MEMBERSHIP!**

EQUIPMENT AND FACILITY ORIENTATION

- Learn how to operate the cardiovascular machines
- Fitness Specialist will go over proper form and you will receive a basic strength training routine, complete with pictures of the equipment that was shown to you, seat placements, starting weights, etc.
- Explore the different workout areas and equipment available to you within the club
- HearTV and Club Virtual (CV) Studio Orientation

PREDESIGNED WORKOUT

- Pick from one of our predesigned club specific routines created by our Personal Training department

FITNESS AND WELLNESS ASSESSMENT

- Fitness evaluation
- Blood Pressure reading
- Weight and Body Mass Index (BMI)
- Body measurements
- Electrical Impedance Body Composition testing



SCAN THE QR CODE TO SCHEDULE YOUR COMPLIMENTARY APPOINTMENT TODAY!

WORKOUT CLOTHES ARE APPROPRIATE FOR THESE APPOINTMENTS.

ANNUAL PREDESIGNED WORKOUT AND 6-MONTH REASSESSMENT ARE INCLUDED IN YOUR MEMBERSHIP. IF YOU HAVE QUESTIONS, CONTACT A FITNESS SPECIALIST AT (810) 606-7545.



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Genesys**
HEALTH CLUB