



What are Member Orientations?

Our fitness orientations are led by our Certified Personal Trainers. They are intended to introduce members to the various cardio and strength training machines in the facility.

What can you expect from your Orientations?

During your orientations, you will learn proper set-up and use of primary machines. Your Trainer will cover *general* aspects of exercise prescription and equipment safety during your orientation sessions.

How many orientations does each member receive?

We offer four orientations to our members. Each orientation covers a different component of wellness:

1. Strength Equipment
2. Cardio Equipment
3. Core Exercises
4. Basic Nutrition

What are the benefits of your Free Orientation?

➔ Overcome uncertainty of equipment

It is common for members to feel intimidated or unsure of the equipment available to them at their facility. This Orientation helps break through those barriers so you feel more comfortable with the equipment available to you.

➔ Try equipment you may not normally try on your own

Whether you are new to exercise, have some experience, or already include exercise as part of your everyday life, there is a tendency to use the same machines for each workout. This orientation will introduce you to equipment you can use in your exercise regimen to mix things up!

➔ Get questions answered

Each session covers one component of fitness allowing you the time to view each piece of equipment and voice any questions or concerns you may have.

➔ Meet personal trainer(s)

Our personal trainers are a great resource for you! The orientations allow you the opportunity to meet our trainers so you feel comfortable asking them questions when you are on the fitness floor.

➔ Learn the Basics of Nutrition

Your nutrition orientation will empower you with basic knowledge of nutrition and demonstrate how nutrition and exercise work together to meet your wellness goals!

*Exercise prescription is not included during this orientation. It is not necessary for those individuals who purchase personal training to register for the orientations.

**Sign up for your free orientations by calling our sales team at 691-1542 or 691-1545.

Visit our website at www.riverplex.org

