



Start your fitness journey the smart way with the MTVAC 360° program & set yourself up for success with **3 complimentary sessions!**

Return your completed card within 30 days of your join date to receive a FREE 30 minute massage and \$25 coupon toward any of our nutritional programs.



The total body Equipment Orientation

Our fitness professionals will show you the proper use of equipment and how you can program your exercise to flow from start to finish based on your fitness goals.

Benefits:

- Application and techniques to optimize cardiovascular efficiency and resistance training.
- Introduction of Fitness On Demand, which provides an option for taking group exercise classes when an actual class is not scheduled.
- Introduction to JustSync: JustSync® transmits audio from muted TVs directly to mobile devices through an easy to use mobile application.

Date: ____ / ____ / ____ Time: ____
Trainer: _____

5 Star Fitness Consultation:

How do you know where you are going if you don't know where you are? Our health and fitness programs start with a practical assessment and health history discussion to help make your goals attainable.

Our system will assess the 5 essential components to improve your fitness level:

- Body Composition
- Cardiovascular Endurance
- Flexibility
- Muscular Strength
- Muscular Endurance

Date: ____ / ____ / ____ Time: ____
Trainer: _____

Nutrition Seminar: "Eating for Energy".

This seminar will help you understand how food affects your performance and will provide strategies for getting more overall energy.

You will be given practical advice on:

- Setting realistic goals for yourself
- Eating balanced meals
- Separating myths from facts
- Identifying energy food vs. depleting food

Date: ____ / ____ / ____ Time: ____
Speaker: _____