



## Jump Start /Gym Orientation Schedule Effective: Monday January 2, – April 30,, 2012

Our Jump Start / Member Orientation program includes an Introduction to the Facility, Cardiovascular, Strength and Flexibility Training. We want to ensure that you are comfortable with and aware of all of the equipment and classes at Vision Sports Club and that you find the best ways to attain your goals.

You may enroll for any of the sessions noted below at our Reception Desk. On the date of your confirmed session, please notify Reception that you have arrived for your appointment and relax in the Vision Sports Club Lounge while we notify the trainer.

***\*New Members (Contract Sign Date after November 1, 2010) are entitled to a 1:1 Personal Training session. Session must be scheduled within 30 days of contract date. Only Year Memberships are eligible for the complimentary PT session.***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am-11:30am (Michelle D.)		10:00am-11:00am (Dan S.)			10:00am-11:00am (Trainer Rotation.)
			6:00pm-7:00pm (Ed W.)		

- Members and Guests Ages 16 years and older are welcome.
- Members and Guests Ages 15 years and younger have their own orientation and are not permitted to attend sessions on this schedule.
- Please inform the instructor if you are pregnant, have a medical condition or a change in medical condition.

**Scheduled Jump Start Date/Time:** \_\_\_\_\_