

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

Gymnasium Induction Process

If you have not yet been given the opportunity to book your Orientation 1 please call 01432 860860 (Option 3) to arrange this at your convenience

ORIENTATION 1 - (75mins)

- Entry onto the Technogym System (TGS)
 - Par-Q form and gymnasium rules, read and signed
 - Explanation of TGS key
 - Benefits/ services available to members
 - Checking in
 - Introduced to a selection of equipment
 - Checking out – viewing your results
- (After the Orientation 1, we welcome you to use the gym as you please).*

ORIENTATION 2 - (60mins)

- No paperwork or desk time
- Shown the rest of equipment not used on the O1
- Resolve any problems or queries you may have

FITNESS ASSESSMENT (Optional) - (90mins)

- Body fat and BMI (Body Mass Index) analysis
- Assess aerobic and anaerobic fitness
- Muscle fatigue tests
- Strength tests
- Specific programme written for the individual

FIRST TGS KEY and PROGRAMME USE (Optional) - (Duration Variable)

- Trainer available for programme guidance

ON-GOING ASSESSMENTS & ASSISTANCE – Please Book as Required

All of the bookings are included in your joining / membership fee and do not count as an entry on guest passes

Please ensure that you come appropriately dressed with sports shoes (Trainers) and sports clothing to all orientations and fitness assessments as you will be expected to make use of the equipment.



simply outstanding!