

# WELCOME

We're so excited that you've joined GoodLife this summer for our Teen Fitness program!

Established in 2010, our Teen Fitness program is about staying healthy and active during your summer holidays and most importantly, it's about having fun in the process!

I encourage you to get to know the club through the many orientations available – we want to make sure you achieve your goals in the most effective and safest way possible.

GoodLife wants you to have the opportunity to live a fit and healthy good life – by signing up for Teen Fitness, you're well on your way!

On behalf of the entire GoodLife family, in the close to 300 clubs across Canada, welcome to Teen Fitness!

Yours in health and fitness,



GoodLife Founder  
and CEO



Your Orientation Date & Time

General Manager

Club Phone Number

**Questions? If you have any questions at any time during your workout, please visit the front desk.**

### Recommended Group Exercise:

Class: \_\_\_\_\_ Time: \_\_\_\_\_

Class: \_\_\_\_\_ Time: \_\_\_\_\_

Class: \_\_\_\_\_ Time: \_\_\_\_\_

Other Notes:

## REGISTRATION BEGINS IN JUNE!

Visit [teenfitness.ca](http://teenfitness.ca) to register.

CONNECTING MADE EASY:



# FREE FITNESS MEMBERSHIP

## FOR TEENS

### FREE

for Summer break  
July & August for Ages 12-17



GoodLife  
FITNESS





# GETTING TO KNOW YOUR CLUB



## Fit-Fix Orientations:

### How you get started:

- ▶ Your mandatory Fit-Fix orientation is one hour long and completed on your first visit
- ▶ You will learn how to safely and effectively use the machines for our exclusive Fit-Fix circuit
- ▶ You will also learn proper warm up and cool down techniques
- ▶ During your regular workouts, the Fit-Fix circuit only takes about 20 minutes, 2-3 times per week to see optimal results
- ▶ If you are currently a GoodLife Member you will only need to attend the section of the orientation that is specific to the Teen Fitness program

## Not included in your Teen Fitness Membership:

- ▶ Certain free weights/machines
- ▶ Pool/whirlpool area
- ▶ Squash courts
- ▶ Sauna
- ▶ Hot Yoga studio
- ▶ Tanning salon

## Why are certain weights & machines "Not Teen Fitness Friendly"?

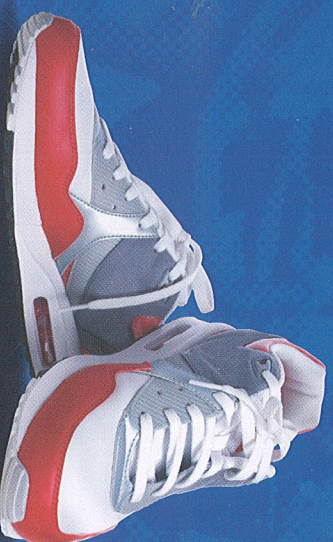
- ▶ For your own safety
- ▶ To prevent improper spotting, intensity and form

## You're a Teen Fitness Member at GoodLife, now what?

- ▶ Your Teen Fitness membership is valid for July and August
- ▶ You have access to the club 7 days a week from 8am-4pm with last check-in at 3pm
- ▶ You will receive your membership card upon completion of registration at the club; however, your membership will not be valid until you complete your Fit-Fix orientation session.
- ▶ Your maximum daily workout time is 2 hours
- ▶ To enter the club, scan your membership card at the front desk
- ▶ Cell phone use is not permitted in the change rooms, locker rooms, or while using any equipment
- ▶ We ask that all members allow others to work in-between sets and share equipment
- ▶ Please do not drop or bang weights
- ▶ Please wipe off equipment after each use with the spray cleaners and paper towels provided
- ▶ Please put all equipment back after use
- ▶ Workout time is for fun, results, safety and effectiveness (no bullying or unsafe challenging is permitted)
- ▶ Workout time is designated for workouts, not hang outs

## What to wear for your workout:

- ▶ Running shoes
- ▶ Shorts or exercise pants
- ▶ T-shirts (must have sleeves, no tank tops)



# GROUP EXERCISE

## How to get started with Group Exercise:

We offer Group Exercise orientation classes that are perfect for beginners, and are designed to familiarize you with how classes run (i.e. arrive on time, sign up, etc.). Ask a front desk associate to sign you up for the next orientation class.

## Recommended classes for you:

- ▶ BODYPUMP™, the original barbell class that strengthens your entire body
- ▶ BODYFLOW™, the Yoga, Tai Chi and Plates workout that builds flexibility and strength
- ▶ Dance-based programs like Zumba®, BODYJAM™ and SH'BAM™
- ▶ High energy, indoor cycling classes like RPM™
- ▶ Newbody, a low impact cardio conditioning class for all fitness levels
- ▶ CXWORX™ or Awesome Abs, ideal for toning and tightening your core

## How to make the most of your Group Exercise experience:

- ▶ Be sure to bring water and a towel to class
- ▶ Turn OFF cell phones while in class
- ▶ Arrive 10 minutes before the class starts for proper setup of equipment and/or orientation
- ▶ Let the instructor know of any injuries you may have so they can modify if needed
- ▶ Familiarize yourself with proper sign-up procedures for each class, where applicable
- ▶ Respect the space and other members around you
- ▶ Feel free to ask the instructor your questions at the beginning or end of each class
- ▶ Try not to leave early from class, but if you need to, let the instructor know before it starts
- ▶ Most importantly, HAVE FUN!