



MEMBERSHIP PRESENTATION

Date: _____ Member Name _____

Do you have experience working out in a gym? Y N

IF YES Great, which one(s) _____

How did you hear about us? _____

Where would you like to be in 6 months? (GOALS) _____

MASSAGE & RECOVERY STATION #: _____

- This is one of the most important areas of the club.
- Recovery after a workout is something many people skip.
- That is why people are sometimes sore the next day and start skipping workouts altogether.
- We want to make sure you feel great after a workout so we have created our recovery zone to make sure you dont forget the most important part of your workout.
- Im going to have you try it out now to see how great it feels.

MAIN CARDIO STATION #: _____

- As you can see we have tons of cardio equipment that is all user friendly.
- We have chosen a specific variety of pieces to make sure your workouts are effective.
- Each piece has an individual TV with Directv so you can watch all of your favorite shows while you workout.
- The great thing about our cardio is that there are no time limits or sign up sheets even during peak hours.

CARDIO CINEMA STATION #: _____

- Our cinema is one of our most popular features and is open to all members.
- We play a new movie every other day and play all of the most popular recent releases.
- People love it because it is so private and they find they do nearly double the time they normally would in a regular cardio workout.

LOCKER ROOM STATION #: _____

**IF SAME GENDER GO INSIDE WITH MEMBER.
IF OPPOSITE, INVITE MEMBER TO VIEW ON
THEIR OWN.**

- We have tons of lockers. The lockers are for day use only, feel free to bring a lock each day to store your belongings while you workout.
- We only ask that you take your belongings with you once you have finished working out.
- We also provide private showers and changing areas, as well as plenty of counter space, and full bathrooms.



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STRENGTH EQUIPMENT STATION #: _____

- We have literally tons of strength equipment.
- It is all user friendly with diagrams on each piece to show you exactly how to use each one.
- Each member starts their membership with a complimentary personal training session to get comfortable with the equipment and build a program.

CLASSROOM STATION #: _____

- Our classes are extremely popular.
- Classes are included with our Orange Elite plan and our Base Plus plan.
- We offer some of the worlds most popular classes including Zumba & Yoga.
- We also have rotating classes developed by our certified trainers. These classes change all the time so you never get bored.

FUNCTIONAL, PT & SGT STATION #: _____

- Our functional training areas are becoming the most popular and effective areas in the club to workout. We are always looking to add more to this space.
- Every member starts off with a complimentary personal training session and many choose to use that session in this area because it is so effective.
- Our HYPE system is our small group training system. It is heart rate based training and each workout is scheduled for one hour.
- The best part is every session is a complete full body workout but its different every time.
- That means, if you really want to get into your best shape this is all you really need!

VITABOT & JUICE BAR STATION #: _____

- Vitabot is our online nutrition system.
- You can either follow one of the hundreds of plans in the system or better yet, learn how to create your own. We like that option best because you will learn so much about the way you eat.
- It is all done on the vitabot app and is so easy to use.
- Our juice bar is everyones favorite part of the club. O
- Our shakes taste amazing and are great for recovery if you get one right after a workout
- Everything is organic and non GMO. Plus all of our shakes are in the Vitabot app so everything is so easy to track.

OUR WHY:

We have designed all aspects of our club and all amenities to help you to live your best life and become the best version of yourself.

QUESTIONS THROUGHOUT THE TOUR

- What time of day will you be working out? Would that be before or after work?
- Will you be working out with a partner or alone?
- Can you see yourself working out here?
- Have you ever worked with a personal trainer before?