



Aurora
Wellness Center®

Your consultation is scheduled with _____
on _____ at _____ AM PM.
*Please provide at least 12 hours notice of cancellation by
calling 767-7000.*

NEW MEMBER CONSULTATION

The fitness staff at the Aurora Wellness Center congratulates you for starting on the road to a healthier lifestyle. New Member Consultation is a very important step in that journey to better health. Consultation with our fitness specialists assists us in determining your present level of health, and allows us to discuss your individual health and fitness goals. Your consultation also includes an orientation to the fitness floor so that you are equipped to comfortably and properly operate our fitness equipment.

HOW TO PREPARE ~

Please come dressed in comfortable, active clothing. Also, avoid caffeine, tobacco, and alcohol in the 48-hour period before your consultation, as well as strenuous exercise and a large meal on the day of your appointment. In addition to this, make sure you are sufficiently hydrated by drinking plenty of water.

GETTING STARTED ~

- Your fitness specialist will meet with you one-on-one to discuss any current medical conditions or concerns you may have which may limit your participation at the center.
- Resting heart rate, blood pressure, and body composition are then taken. Body composition is found using the Tanita Bioelectrical Impedance Analyzer.
- Education on finding your heart rate and the optimal heart rate range to obtain during exercise will be provided.
- If you feel uncomfortable with any of these tests or are unable to do what is asked, please let your Fitness Specialist know. If you prefer a male or a female fitness specialist to perform your consultation, please let the Membership Services Representative know when scheduling your appointment.

GOAL SETTING ~

- Goal setting is a very powerful technique that can yield strong returns in all areas of your life. Your fitness specialist will assist you in establishing specific, realistic short and long-term goals.
- Through setting clearly defined goals, you are able to measure and take pride in your achievements.

ORIENTATION ~

- The purpose of orientation is to familiarize you with the equipment you will be using during your workouts by allowing you to gain “hands-on” experience so that you can use the facility with ease and confidence.
- You will have the opportunity to use the strength and cardiovascular equipment. We will assist you with adjusting the weight and seat settings, and show you how to exercise safely.
- This is the best time to ask any questions you may have about the facility, equipment, or fitness in general, so don't be shy. We are here for you!