

GYM INDUCTION PROCESS ACADEMY HEALTH CLUB

**Congratulations on taking the first step to a lifetime of health & wellness!
Now that you have signed up to the Academy Health Club, we would like you to start your journey with us by signing up for your Gym induction.**

GYM INDUCTION SCHEDULED DATE & TIME:

- **How long should I allow? – Please allow 45 mins from the start of your appointment.**
- **Will I be in the gym this long? – No, the induction process will take approximately 30 mins and is very informal.**
- **Why the 45 mins? – We will need some time to take a photo of you for your personal key card that allows you access to all the facilities and ensure everything is working correctly. You will also be asked to fill in a simple health screening questionnaire, and have the opportunity to book the classes of your choice for when your membership starts.**
- **What should I wear? Please ensure you are wearing a pair of indoor training shoes (No mud please!) and suitable workout attire for the gym.**
- **Will there be other people in the induction? – Possibly, there may be up to 6 new members all going through the induction process at the same time.**
- **What if I am a beginner – and am having an induction alongside a pro! – Don't worry! – You won't be required to lift any weights! – We will just explain some simple health & safety rules and show you the basics of the equipment we have.**
- **At the end of the induction, the instructor will ask if you have lifted weights before or not.**
 - **If you are a beginner, you will be asked to sign up to a Strength Training Class which will give you more information and confidence on how to use the machines. Once you have attended your class we will then convert your pass to an all access pass so you can use the gym whenever you like in accordance with your membership type.**
 - **If you have lifted weights before and are familiar with gym settings and are confident by yourself, you will be asked to demonstrate a few machines. Once you have done this safely, the instructor will award you an access free pass to use the gym whenever you like in accordance with your membership type.**