

iSTART

Like Healthy Start, iStart is an introductory fitness program that introduces new members to Sportsclub's equipment and programs while having the accountability and expertise of a personal trainer. The iStart program is designed for the INDIVIDUAL. This one-on-one program provides a low-pressure introduction to exercise routines and maintaining a healthy, active lifestyle.

iSTART SCHEDULE

SESSION ONE

Basic Medical History, Orientation to Gym Equipment, and Introduction to Training (1 hr)

SESSION TWO

30 Minutes of One-on-One Training

SESSION THREE

30 Minutes of One-on-One Training



FAQs

Q: How long does iStart last?

A: iStart is a three-session program. The first session is 60 minutes followed by two 30-minute sessions.

Q: What is the cost of iStart?

A: No cost with 12-month contract.
\$50 cost for month-to-month agreements.
\$50 cost for existing members.

Q: Do I take iStart as an individual or with a group?

A: Unlike the group training of Healthy Start, iStart is a one-on-one program with a trainer.

Q: When is iStart available?

A: iStart initial appointments are usually scheduled within two weeks of joining Sportsclub. The Sportsclub Membership Ambassador will contact you with specific appointment options.

Q: Is iStart available for members?

A: Members may take either iStart or Healthy Start once every 12 months.

Q: What if I am unable to attend a session?

A: Requests for makeup sessions are subject to trainer availability.