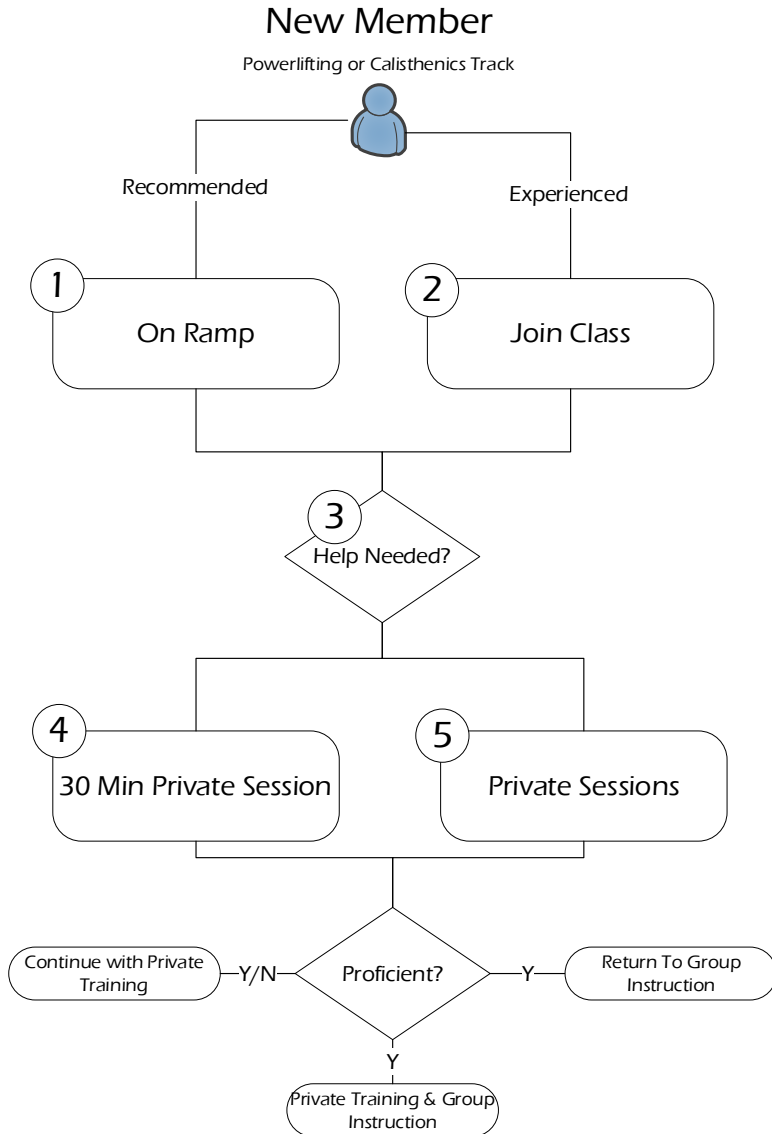


2024 – New Member Onboarding Pathway

[Applies to members that will attend either Powerlifting and Calisthenics classes given more technical and typically 'training' centric focus of these disciplines]



- ① 4 or 8 session PT package strongly recommended to all new members during initial consultation.
Purpose: to get member prepared for classes.
Rationale:
 - a) safety
 - b) mobility/range of motion
 - c) technique/form
 - d) good habit creation
- ② Subject to prior experience/competence
- ③ High reliance on coach during class not dealt with by 90 second rule?
- ④ \$47.50 – see purpose and scripting to introduce this low-cost, no-commitment option
- ⑤ Where member ability insufficient for class participation offer a package of Private Sessions