

# Brilliant Fit



## A Healthy Living Guide at Quail Park

### Step 1

#### Information Gathering

1. Meet with your trainer to do the following;
2. Get a list of classes, get your wristband for the gym and get an exercise guide.
3. Fill out a Pool Release Form (You must decline if you do not wish to swim alone.)
4. Bring Back completed Forms signed by you and your Doctor (if you wish to swim alone.)
5. Attend any classes you wish.

### Step 2

#### Get Informed

1. Take an Orientation of the Pool
2. Take an Orientation of the Gym & Get a Wristband
3. Q&A, Make sure you know the Gym schedule, Trainer Hours, and expectations
4. Receive Nutrition, Exercise, and Class Description Hand-outs

### Step 3

#### Participate (NOTE: Bring your Wristband)

1. Schedule a Fitness Assessment (15 minutes)
2. Go through a workout with the Trainer on the Machines (20 minutes)
3. Receive Nutrition, Exercise, and Class Description Hand-outs

# Fitness Classes

## **Aqua Aerobics**

Get wet in the pool and have a fun workout. Low impact and easy on the joints. Great for balancing, heart health, and muscle endurance. Noodles, Dumbbells, and music will keep you moving.

## **Balance**

Steadiness and surefootedness are what we practice in this class. Using a chair, test your balance and your leg and core strength with these holds, poses, stretches, and isometric exercises. We use a chair and a timer in this class.

## **Dumbbell Circuit Training**

If you are looking for a balanced workout that will burn lots of calories and get fitter and more toned fast then this full-body dumbbell circuit will be just what you are looking for. All the moves in this circuit will help you develop a well-defined and balanced physique.

## **Dumbbell Strength and Balance**

If you are looking for a balanced workout that will burn lots of calories and get fitter and more toned fast then this full-body dumbbell circuit will be just what you are looking for. All the moves in this circuit will help you develop strength and focus on the legs and core.

# Fitness Classes

## **Dumbbell Lean Muscle & Bone Health**

All the moves in this circuit will help you develop lean muscle and increase bone density by overloading your muscles. We will work with heavy and light loads and powerful movements. We may use a chair and bend over.

## **Tai Chi & Qi Gong**

Tai chi and qi gong are centuries-old practices that involve certain postures and gentle movements with mental focus, breathing, and relaxation. The movements can be adapted or practiced while walking, standing, or sitting. Think of it as meditation in motion. You can participate from a chair.

## **Upper body**

Workouts not only build strength and endurance but can also build stronger bones and help with weight loss. In this class, we focus on the Shoulders, Back, Core and Arms.

## **Lower body**

If you want to stay fit and healthy and live a longer, more mobile and enjoy life, you must keep your lower body strong. The stronger your lower body and posterior chain are, the better you're able to perform daily activities.

## **Walk Fitness**

Walking can also help improve performance for life. Walking is the perfect exercise for many people. If you have diabetes, walking can help lower your blood sugar and your weight while increasing circulation and cardiorespiratory strength.

*Are you ready to get to the gym and start exercising?!*

*We're excited to have you on board! You've taken the first step towards living a longer healthier life. My name is Brant! I'm your New Personal Trainer and I'll be showing you how to get in better shape and use the gym.*

*Get started by collecting your Wristband from Brant and booking a Fitness Assessment with him. During this session, we'll see how you fare and get your workout program going to help you achieve your goals.*

*You'll find our opening times, class timetable, and a list of what classes are offered in the gym at the Reception Desk or in the Daily Feathers. If you have any questions, then please don't hesitate to get in touch.*

*Kind regards,*

*Brant Rotramel I.S.S.A CFT*