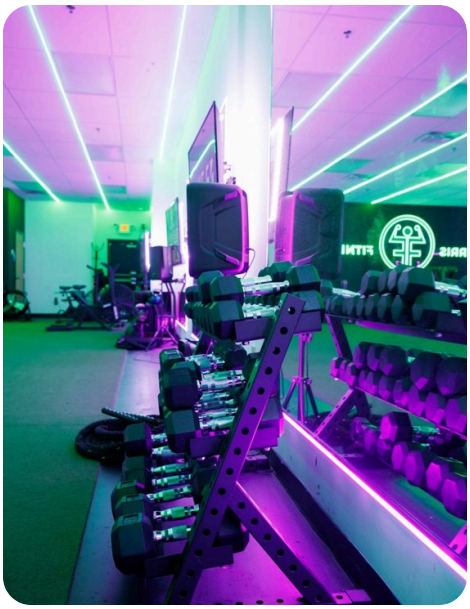
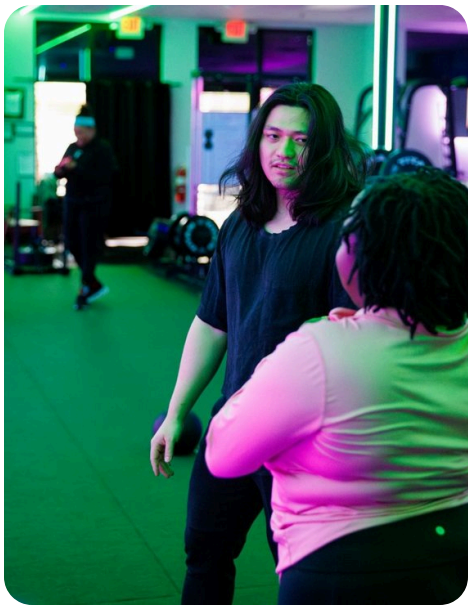
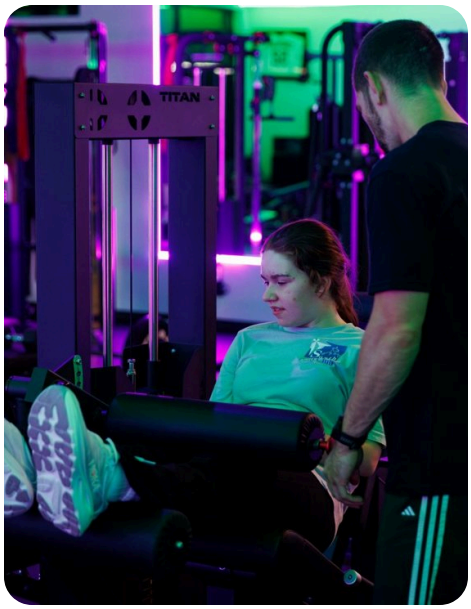
YOUR FIRST FREE CLASS

What to expect, what to bring, and why nervous is normal.







THE HOUR, START TO FINISH

Your free class is one hour. Here is what happens.

1. **You walk in**
   Come a few minutes early. Someone says hi and introduces you to your coach.

2. **A real workout**
   Your coach walks you through every move. You don't need to know any exercises.

3. **A talk about your goals**
   We sit down and talk about what you want, what has got in the way, and what you have tried before.

4. **You decide what's next**
   If it's a fit, your coach goes over your options. If it's not, that's fine too.

BEFORE YOU COME

Short list. Check these off.

- [ ] **Comfortable clothes and shoes you can move in**
  Whatever you would wear to a walk or a light workout.

- [ ] **A water bottle**
  We'll have you moving, so you'll want it.

- [ ] **Anything we should know about**
  An old injury, a sore spot, a worry. Tell your coach before you start.

- [ ] **Nothing else. Just you.**
  You don't need to be in shape. You don't need a plan.

COMMON WORRIES

Things people tell us before their first class. You are not the only one.

“I'm out of shape.”

Nobody expects you to be in shape. That's why you come. Your coach starts where you are.

“I don't know what I'm doing.”

You don't have to. A coach walks you through everything, one move at a time.

“Everyone will be watching me.”

Nervous is normal. Everyone here walked in nervous on day one. It's a small group, and your coach knows your name.

“Is this a sales pitch?”

No. It's one hour: a workout, then a real conversation about your goals. You decide what happens next.

“I've tried this before and quit.”

Most of our members did too. Many tried other things first. That's often why they came to us.

READY TO PICK A TIME?

One hour. A real workout with a coach, then a talk about your goals. No pressure.

Book your free class