

LAUNCH ON-BOARDING

Complimentary on-boarding and recurring assessments included with membership

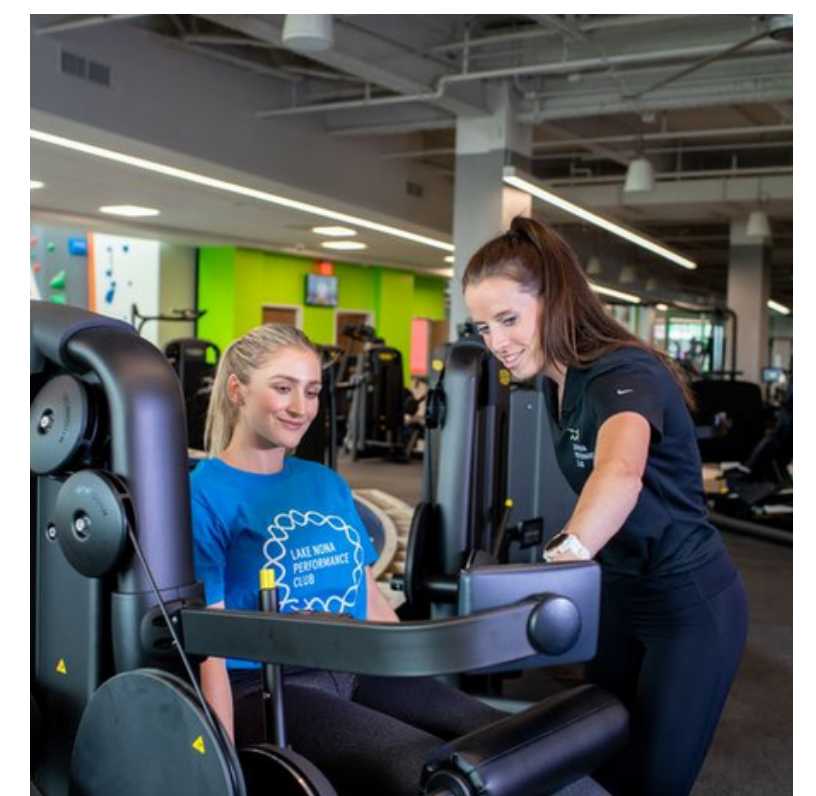
LAUNCH 1:

- BASELINE*** Understand your starting point through biometrics and Kinotek movement screens.
- DIRECTION*** Our personal trainers can provide guidance to the amenities and services within the facility to help reach your goals.
- EVIDENCE*** Help us prove: “Going to the gym makes you healthy!”



LAUNCH 2:

- Learn about our Technogym equipment and the MyWellness app.
- Physical Assessments on the fitness floor with an LNPC personal trainer.
- 30 Minute workout with personal trainer.



RE-LAUNCH:

- Reassess every 90 days to help you ***Perform*** better!
- Are you making progress towards your goals? What is going well for you, and what do you still want to work on?

**Contact Matt Harris, Fitness Services Coordinator,
at MHarris@iwp-llc.com for any questions**

Stop by the front desk or call 407.216.5672 to schedule your launch assessment.