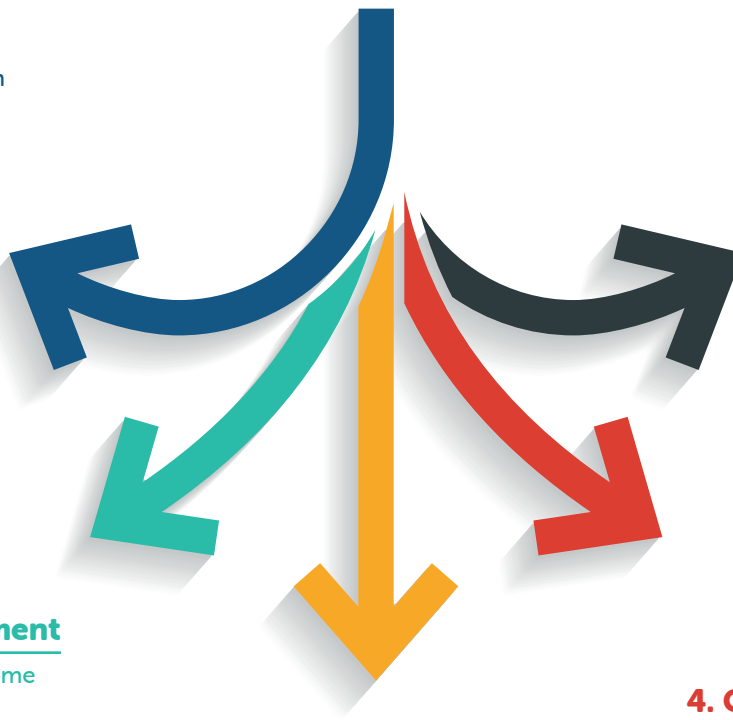


# MEMBER WELLNESS JOURNEY



## 1. Start Well Appointment

This is where your fitness journey really starts as our professional gym team will discuss what your goals and aspirations are and provide you with a bespoke programme, as they demonstrate how to use our high-quality fitness equipment. This session is also packed with information and assessments that will leave you inspired and motivated to start your journey.



## 5. Personal Training

If you are looking for fresh ideas and inspiration to take your Wellness Journey to the next level, or would like to be in the best possible condition for an upcoming special occasion, why not book a Personal Training session with one of our highly qualified PT's? We have partnered up with award-winning personal training provider Your Personal Training to provide PT services in a number of Xcite sites. Your trainer will provide a bespoke programme of activities and nutritional advice that will inspire and motivate you to continue your Wellness Journey and smash your goals.

## 2. Feel Well Appointment

This is where our team welcome you back to ensure that you are reaching your fitness goals, measure your targets set and provide you with recommendations to keep you motivated. Our experienced team will also take you through the fitness Option of your choice, which could be functional or machine based.

## 3. Ongoing Support

Throughout your Wellness Journey with us, our friendly and knowledgeable gym team are on hand on to support you every step of the way. Whether that be through one of our "Feel Well" appointments where you will get to spend some 1-on-1 time with our team, or even just a quick chat and a catch up on your next visit – we are here to ensure you get the most from your Xcite membership.

## 4. Gym Challenges

If you're ready to push yourself further (and maybe even win a prize at the same time) take part in one of our fantastic gym challenges! Our regular member competitions offer you the opportunity to take on various personal challenges set out by our experienced Xcite team. These could range from burning calories, completing a set distance or just taking part in a variety of fun activities that will bring a sense of achievement whilst improving your overall health and wellbeing.