



MIRAMONT
LIFESTYLE FITNESS

Goal and Fitness Assessment (GFA) and New Member Orientation (NMO)
at Miramont Lifestyle Fitness

What They Are:

1. **GFA:** If you are serious about your health and longevity, this evaluation will give you the information and knowledge to accurately assess your current fitness and lifestyle habits. Upon completion of the Polar Body Age System, you will be given a detailed analysis and graphical representation of where you rank in each fitness and risk factor category.
2. **NMO:** Let us show you the ropes with an easy tutorial on how to use the circuit equipment. We will take you through each machine and demonstrate proper form while providing you with the knowledge to achieve the best results.

Who It's For: All new members, regardless of skill level, who are interested in learning where they are physically and how to operate the equipment within the club.

When It Is: The individual can schedule the appointments at their own leisure. It is suggested that they schedule as soon as possible because wellness hours are limited and openings fill up fast.

What's the Cost: The overall value of the two sessions is \$110. However, we provide them **FREE OF CHARGE**, as our gift to you.

How to get started:

Book the appointment with your account executive, call the front desk, or ask any fitness professional to schedule a GFA or NMO.

South Location
901 Oakridge Dr.
Fort Collins, CO
970-282-1000

Central Location
2211 S College
Fort Collins, CO
970-225-2233

North Location
1800 Heath Pkwy
Fort Collins, CO
970-221-5000

We engage, energize, and inspire our Members and Team.
WE IMPACT LIVES!