



Complimentary Personal Training Services

RIOT offers our prospects a number of specialized, complimentary services designed to enhance your fitness experience. These services provide you with the resources and information essential to a successful exercise program. Each one-on-one appointment is conducted by a Certified RIOT Personal Trainer and incorporates your own goals, interests and needs. We encourage you to take advantage of these services.

Fitness Assessment – New Client Only

This initial Fitness Assessment includes a series of fitness tests that help determine your current fitness level and provides a baseline with which to chart your progress. The assessment covers all the components of fitness, including: body composition, cardiopulmonary fitness, muscular strength, and flexibility. The results are used by the RIOT Personal Trainer to develop a customized plan for your Exercise Orientation.

Exercise Orientation – New Client Only

RIOT Exercise Orientation usually follows the Fitness Assessment and will provide you with a general introduction to the equipment in our center or associates facilities and identifies those best suited for your personalized exercise regimen. You will receive hands-on demonstrations of how to properly and safely operate the equipment and how best to achieve your personal fitness goals. The orientation will include strength training, cardiovascular exercise and flexibility.

Re-Assessment – Established Client Only

The RIOT Re-Assessment should occur every 5-6 months as a follow-up to your original Fitness Assessment. By repeating the same tests from your previous assessment, this appointment will help you track your progress towards your goals. It is also a time to identify new goals and discuss adjustments to your current program.

Program Evaluation – Established Client Only

During the RIOT Program Evaluation, the Personal Trainer will help you re-assess your personal fitness program, review and adjust current exercises, incorporate new goals and discuss suggestions that will enhance your progress. It is recommended that you schedule a Program Evaluation every 3 to 4 months. For further information about these complimentary fitness services or to schedule an appointment, please call **650-992-3939**.