



PARK MEADOWS
CENTER FOR MOVEMENT

Helpful Tips for Getting Started

Congratulations on taking your first step toward improved health, strength, and flexibility. We look forward to assisting you in achieving your mind/body health goals. Here are a few things that will make your sessions more enjoyable:

1. Your Getting Started Package includes four private training sessions. We recommend you complete these sessions within a 2 week period if possible in order to receive the maximum benefit from the information. You'll learn more easily by allowing 2 or 3 days between sessions.
2. We welcome ALL questions. Private sessions are designed to help you learn about your body as well as potential exercise modifications necessary for your classes. Please feel free to clarify anything that you're not sure about—we love questions!
3. Four sessions may not always be enough to place you in classes—your safety comes first and we want to be sure you have a comfortable understanding of your movement patterns before you join a group. If you are not ready to enter classes after 4 private sessions, your instructor will discuss options with you.

Please let us know if there is anything we can do to make your visits with us more comfortable.

The Staff at Park Meadows Center For Movement