

# PERSONAL TRAINING PLUS

FAQ

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## PILOT OVERVIEW

### ▶ What is the pilot about?

We're piloting a hybrid personal training service integrating the BridgeTracker workout app. You'll use the app to follow a customized workout plan based on your goals, expectations, and training experience while receiving regular trainer support and accountability at an affordable price point.

The program includes a free consultation, three personal training sessions (one per month), unlimited access to the app for three months, plus regular check-ins and program updates from your personal trainer to make sure you're progressing.

We also have an opening for one small group if you're interested in that option.

### ▶ What does it include?

- One free consultation with a trainer
- Three months of personalized workouts accessible through an app
- Three personal training sessions (one per month)
- Regular remote check-ins for the first two months
- Trainer support and accountability
- Updated programming each month
- Optional surveys and interviews to collect pilot feedback

### ▶ How much does it cost?

The cost of the program is:

**\$105** Individual monthly subscription

**\$75** Duo training - monthly subscription

**\$60** Small group - three people - monthly subscription

### ▶ When is the pilot?

The pilot will run for three months, **Monday, April 30 to Tuesday, July 31, 2018.**

### ▶ Where are the training sessions?

While training sessions can be done anywhere, we recommend using the facility fitness center due to the variety of equipment available.

### ▶ Can I do my sessions at home?

Yes. If you need to work out in your home gym, your trainer will need to know what equipment you have available to design a workout for that specific day.



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### PARTICIPANT PARAMETERS

▶ **Who is able to participate?**

Anyone with access to the facility fitness center can participate. Participants accept and assume full responsibility for any and all injuries, damages, and losses of any type, which may occur to you or your guests, resulting from or arising out the use of equipment and facilities.

▶ **Can my spouse join me?**

Sure, as long as they are a member of the fitness center as well.

▶ **Do I have to complete a certain number of sessions?**

No. All sessions are optional. However, we appreciate your participation as it will help us refine this service for the future.

▶ **What if I don't like it, can I get my money back?**

Yes, just notify your trainer if you want to cancel.

▶ **Does each small group training participant get their own program?**

A single program will be designed to fit the needs of the entire small group.

▶ **What is the difference between signing up as an individual versus a group?**

A one-on-one subscription includes a personalized program and one-on-one training sessions, while a small group membership will get you a collective program and small group training sessions (price differences are listed above). If you're looking for specificity and personal attention, one-on-one is a better fit. If you don't mind having general personalization, then small group training is the better option.



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### BRIDGETRACKER APP

▶ **Tell me more about the app.**

Bridge's heritage is in the world of elite athletes. They build high-performance training tools for trainers and members, regardless of experience. The integrated platform revolutionizes the way trainers create, deliver, and track member progress. With customized training programs delivered directly to your smartphone or tablet, members train smarter, overcome plateaus, perform better, and reach their fitness goals.

See how the app works: [Training with the BridgeTracker app](#)

▶ **Can I use the app past the three-month period?**

Because this is a pilot, we need to cap the app usage at three months. This will give us time to assess the pilot data and roll out the service again in the near future.

▶ **Can I use an ipad or other device?**

Absolutely.

▶ **How do I register on the BridgeTracker app?**

Once you have completed your consultation and your trainer has added your name, you'll receive an email from BridgeAthletic with instructions on how to register for your account. Click on the registration link in the email. You'll be taken to the designated page to set your password and add personal information.

▶ **How will my personal information be used?**

Bridge takes your personal information very seriously and ensures it is protected and secure.

View the [Bridge privacy policy](#).

**SIGN UP NOW**

