

frequently asked questions

Q What will the session involve?

A All steps of the pathway will involve practical elements so come prepared to exercise.

Q What do I need to bring / wear

A Gym gear including clean footwear, gym key (issued on Induction 1), £1.00 for lockers (returnable). Don't forget Earphones and water bottles and membership card.

Q Why do I have to use a Technogym key?

A Your personal key holds a memory chip that stores data, including your training programme and medical history; it even pre-sets the machines for you! It will store and display every workout you've ever done and guide you through your workout, helping you find your way around the equipment. - All you have to do is check in and then just plug in and play.

Report to reception each time you visit the centre to swipe your card. Don't forget to check in/out with your Technogym Key before and after each workout.

If you do have any other queries a member of staff is always on shift at all facilities.

Keep hydrated - Water fountains and vending machines are available at all sites. Try to drink 2-3 litres of water a day. Aim to drink a glass of water every 20 minutes when exercising.

Any physical activity no matter how small is better than none. A little goes a long way.

Burning 200-300 calories three times a week through exercise could add two-and-a-half years to your life, as well as maintain a healthy heart.

Keep an exercise kit handy, this might mean leaving clothes in your car. If your exercise clothes are handy you can exercise whenever you get the urge.

Exercise can significantly reduce the onset of osteoporosis. Exercise alters the metabolic functioning of your bones, causing mineral content and bone density to increase.

It doesn't have to be hell to be healthy.



Catmose Sports

0300 456 2020

Huntsmans Drive, Oakham,
Rutland, LE15 6RP

enquiries.catmose@stevenage-leisure.co.uk



4 Step Gym Pathway



fitness @ catmose
enjoy your health

Opening Times

Mon-Fri 6.30am-10.00pm Sat 7.30am-9.00pm Sun 7.30am - 8.00pm

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www.stevenage-leisure.co.uk

24 hour Customer Information Line: 0300 012 0300

4 step gym pathway

fitness@catmose (Stevenage Leisure Limited) is confident that with its unique blend of “a comprehensive range of cutting edge Technogym equipment” and experienced, knowledgeable staff, we can realistically help you to achieve your health, fitness, wellness goal, whatever that may be!

To get started in the gym you will sign onto the fitness@catmose pathway. The 4-Step pathway has been designed as the best way to help you understand the new technology and become familiar with the gym environment. The Pathway also gives our staff the best opportunity to get to know your needs and goals over a short period of time.

Step 1 – Induction (Group)

Will...

- Be a practical session on how to use a selection of the gym equipment
- Demonstrate and explain the Wellness System and its many benefits
- Start the development of your personalised gym training programme
- Introduce you to health and safety implications of the gym environment

During your Step 1 appointment you will receive your very own Technogym Wellness System Key. Once you have completed Step 1 your key will allow you to use the equipment on which your Fitness Consultant has given you instruction.

Step 2 – Induction 2 (Group)

Will...

- Be another practical session using additional gym equipment to further improve your knowledge and understanding
- Give you an insight into the capabilities of the equipment and Wellness system
- Introduce you to some of the key features including exercise videos, messaging, trainer support and tracking of your training results

When you've completed the fitness@catmose pathway, your journey continues with programme reviews at regular intervals where you can discuss your training results and set new targets to keep you on track towards your goals.

Fitness consultants are always on hand if you ever need help or advice.

Step 3 – Initial Goal Setting (1 to 1)

Will...

- Be a personal tailor made session
- Identify your goals and wants. We will then write a tailor made programme accordingly to maximise your results
- Show you how the Wellness System can record other activities within the centre

Step 4 – Programme Show Round (1 to 1)

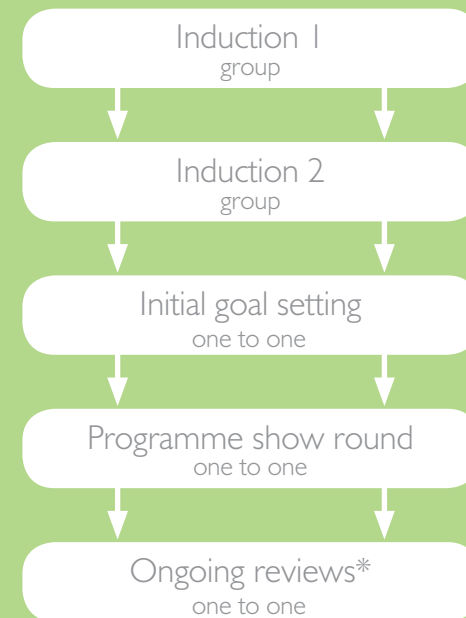
Will...

- Be a walkthrough of your programme set up in Step 3. your exercise levels and intensities can be tweaked to give you the best results
- Introduce additional exercises i.e free weights, stomach and floor exercises, will be shown at this point if required.

Following this session your special personalised programme is now complete and ready for you to get started.

enjoy your health

In summary: your pathway



* Free to pre-paid members, session rate applies to Casual & Centre members.

