



# CORE57

## 1 ASSESSMENT

Every member has a starting point. In order to design the most customized fitness program for you, we take the time to assess your current fitness factors (weight, age, muscle mass, BMI, resting heart rate, etc.) that are as unique as your finger prints.

## 2 GOAL SETTING

Whether you want to lose weight, build muscle, improve key health factors, increase flexibility or balance – we take the time to understand you and your goals.

## 3 PROGRAM DESIGN

Keeping both your unique starting point and your personal goals in mind, our expert staff builds a program that is 100% you – and 100% effective!

## 4 IMPLEMENTATION

Implementation equals action. Only you can take the steps that make real change happen. Happily, you also never have to do it alone at CORE57. Our team will be right beside you every step of the way, ensuring you have all the guidance and encouragement necessary to achieve your goals.

## 5 GROWTH

As you implement your individual program design, you will quickly find yourself moving towards your goals. As you improve, the CORE57 team will continue to reassess your progress, and enhance your program to ensure you stay on a growth curve of continuous improvement.