

# WELCOME TO OUR STUDIO



*We are so excited for you to start exercising at TFM. Regardless if you are new to a studio/gym environment, returning to exercise or just using TFM to compliment your current exercise. We are here to support you and help you reach your goals.*

## **HERE ARE A FEW TIPS TO HELP YOU SETTLE IN FASTER.**

**Arrival** - Aim for around 10 mins before your session starts .

**Warm Up** - Ensure that you warm up prior to your session. Either following our general warm up guide or your own personal warm up exercises we have approved.

**Clothing** - Wear something light that allows good mobility and movement.

**Footwear** - is optional as Vibration Training works best without shoes. It is still OK to wear shoes if required.

**Hydrate** - Ensure that you are hydrated before starting your session. (filtered water is available)

**Unwind** - At TFM we take positivity seriously. You are responsible for the energy you bring into the Studio. Leave your stress at the door and let us help you feel better with our carefully designed exercise programs.

**Enjoy** - Have fun and exercise at your own pace. Congratulate yourself for your efforts. Remember consistency brings results.

**Health** - Ensure to let us know before the session starts if there are any changes to your health that may affect your ability to exercise. This includes pain or tightness anywhere in the body.

**Get the most from our Studio**  
**Challenge yourself - Ask us questions - Support each other**

## **RESERVATIONS:**

**Book early to secure your place in a CLASS or PRIVATE APPOINTMENT!**

**Commitment ENSURES consistency - Consistency ENSURES results**