

THE FIRST
STEP
TO FITNESS
ISN'T A LEAP.



The key to long-term fitness is to start slow, build steadily, and enjoy yourself.

MAKE A SMART START - ZONE 3

The key to long term fitness is to start gradually and develop consistency. At Lake Country Racquet & Athletic Club, we want you to start where you feel comfortable, build steadily, and enjoy yourself.

Your journey to lasting fitness begins with a SMART START fitness schedule that is easy to follow, provides variety, and lets you choose your own path. With a mix of cardio, strength, and core/flexibility you tailor your workout to what you enjoy doing!

SMART START offers progressive increases over a 6-week period that allows you to experience the club at your own pace.

GIVE IT A GO!

Trying something new can be hard. You may be worried about your current fitness level, or just entering a new group class. Go easy on yourself and start where you feel comfortable.

If you are heading to a class, know that you DON'T have to stay for the whole workout. No matter what Zone class, do your best for 15 to 20 minutes and leave feeling great knowing that you tried something new! Your instructors and fellow members support you and want you to be successful on your fitness journey!



SMART START
A PROVEN WAY TO FITNESS

SMART START ZONE 3

SIX WEEK WORKOUT SCHEDULE



WEEK	CARDIO 	STRENGTH 	CORE/ FLEXIBILITY 
1	2 x 20 mins	2 x 30 mins	1 x 10 mins
2	3 x 20 mins	2 x 30 mins	1 x 20 mins
3	3 x 30 mins	1 x 40 mins 2 x 20 mins	1 x 25 mins
4	2 x 45 mins 1 x 20 mins	1 x 45 mins 1 x 30 mins	1 x 40 mins
5	2 x 50 mins 1 x 30 mins	2 x 45 mins 1 x 20 mins	2 x 45 mins
6	2 x 60 mins 1 x 30 mins	2 x 45 mins 2 x 30 mins	2 x 45 mins

MIX AND MATCH YOUR CARDIO, STRENGTH, AND CORE FLEXIBILITY FOR A TOTAL OF 5 TO 7 DAYS PER WEEK.

CARDIO - aerobic/anaerobic training, great for burning calories and increasing endurance.

STRENGTH - weighted resistance training that builds lean muscle and helps with long-term weight loss.

CORE/FLEXIBILITY - increases mobility, improves muscle recovery, posture, and increases range of motion.

CARDIO 	STRENGTH 	CORE/ FLEXIBILITY 
BODYCOMBAT™ - GF SPRINT™ - GF Aqua Challenge - GF Tabata - GF Cardio Challenge - GF MX4 - F Stair Climber - F Rower - F Treadmill - F Elliptical - F Bike - F Pool - F S-Drive - F Zone 1 & 2 classes	Barre - GF BODYPUMP™ - GF Total Body - GF Define - GF Yoga Sculpt - GF MX4 - F Personal Training - F Free Weights - F Weight Machines - F Zone 1 & 2 classes	Release - GF BODYFLOW™ - GF Completely Core - GF Mat Pilates - GF Any Yoga class - GF Zone 1 & 2 classes

GF - Group Fitness Class
F - Fitness Center/Class



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