

MYG

Meet Your Goal

Keeps you motivated and improves your results

Before



You'll need energy, so eat at least 30 minutes prior to your session



Your muscles need water to function well, so keep hydrated



Do a 5 minute warm up before your session to prevent injury

During



Advise if you currently have any injuries, illness etc



Give 100% to improve your results and get the most from your time



Focus on amazing technique, it improves results & reduces injury

After



Confirm your next session so you don't miss out



Stretch for 5 minutes to reduce soreness & improve flexibility



Make sure you eat & drink water within the hour after your session

Remember

- Making a permanent booking will help you get the times and days you want.
- Provide a minimum of 24 hours notice for a cancellation or alteration; otherwise the full session charge applies.
- MYG membership sessions must be used within the membership period (catch up sessions only available during the current membership period).
- 10 pack MYG sessions must be used within 6 months from date of purchase.

your gym