

WELCOME PACKET



Welcome New Spurling Family Member

Congratulations! You made an awesome decision. You made a decision to commit yourself to changing your life. I am so excited to have you here and have you become a member of the Spurling family. We promise to hold you accountable to your fitness goals, as well as continually motivate and inspire you to achieve those goals and more. We promise to be with you every step of the way.

Over the course of your journey, your motivation will go through ups and downs. You will be under the weather. You will be extremely busy. You will be tired. Life will get in the way and you will not feel like exercising. We get it. This is normal. These reasons and hundred others will always exist. Our job as coaches is to help you see past them, and find ways to overcome them so that the commitment you've made to improve your fitness and your life is fulfilled. All of us at Spurling promise to NOT quit on you, NOT give up on you, and ultimately NOT let you quit on yourself.

Again, welcome to our family. I greatly appreciate the choice you have made to invest in yourself by joining Spurling Fitness. Please don't ever hesitate to reach out to me with any questions, concerns, or feedback. Your experience here at Spurling is my number one priority

1% Better

Dedicated to your success

Doug Spurling



MindBody



- MindBody is the scheduling software we use at Spurling.
- You will either use the mobile app or the online service to schedule ALL of your sessions (STRONG, SWEAT, STRETCH, Community & STREAM)
- If you are unable to attend a session, please remove yourself at least 8 hours before your session starts. If you need to cancel a session less than 8 hours before it begins, we ask that you please contact us. If you do not show for a session and we receive no communication from you, there will be a \$10 no-show fee.
- If you book a session that says “waitlist” it means you are the next person in line for that session. Should another client cancel out of the class, you will be notified by email & text that you are now scheduled for the session.
- If a session asks you to “call” it’s because the class already has a client on the waitlist. Please call the business to discuss this with a team member (207-467-3757).



Spurling 165

Facebook Group



- You will receive a welcome email with a link to join our private members-only Facebook group called Spurling 165.
- The group is meant to help provide resources, announcements, and motivation for the 165 hours a week that you are not in the gym.
- Please take the time to explore the Units and Files section of the group, as there are great resources about nutrition, recipes, and at home workout ideas.
- Check the Spurling 165 group daily for announcements about upcoming events in the community.



REWARDS PROGRAM

Ways to Earn Points

15 Points When You Attend a Workshop
5 Points per Workout Attended
1 Point per Dollar Spent on Retail
1 Point for Booking Sessions Through MindBody

50 Points When You Enroll in the Rewards Program
50 Points on Your Birthday
50 Points on Your Membership Anniversary

2500 Points When You Refer a Friend

MyZone Heart Rate Monitor



- MyZone is a chest strap heart rate monitor you wear to track your workouts and effort.
- The corresponding MyZone app will show your current heart rate during a workout, which helps the coaches monitor your recovery between exercises.
- The MyZone app also shows how many calories you burned, and how intensely you worked out that day.

MZ-1 - \$59

- Tracks progress while your belt is connected to the gym receptor, or when your MyZone app is open and running
- Replaceable battery

MZ-3 - \$99

- Tracks progress any time you wear the belt, no need to be connected to a device
- Rechargeable battery



The Spurling Team



Doug Spurling

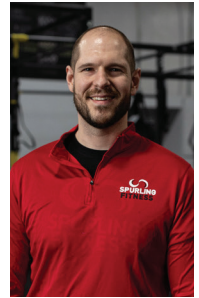
Owner & Visionary

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Operating Partner

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Makenna Roy

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Alison Truman

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Judy Stark

Coach

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S5 Programs



Events & Specialty Programs



We work hard here at Spurling to ensure there are plenty of opportunities for you to engage in our community. Every month we have a calendar of events which include volunteering opportunities, socials, informative seminars, and more!

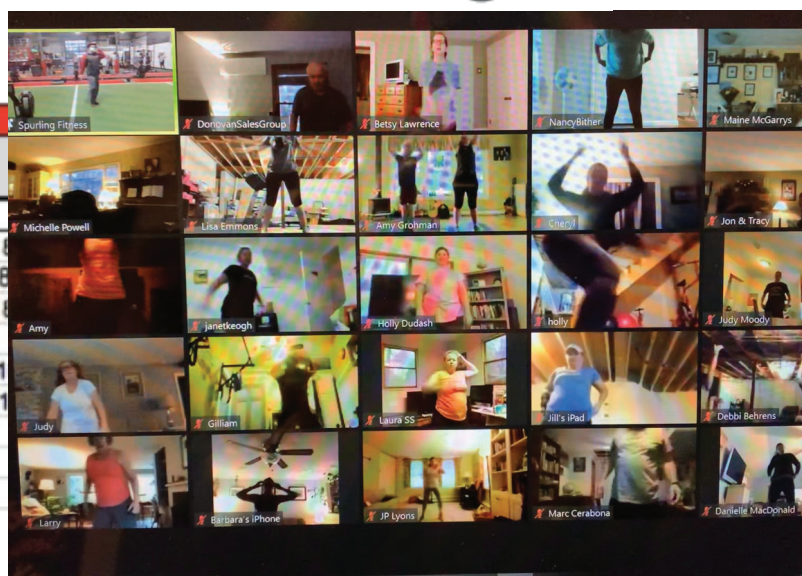
Additionally, we offer various specialty programs throughout the year so you can really hone in on a certain goal beyond your normal trainings at the gym. Our programs include the 90 Day Clean & Lean nutrition program, a 5k Beginner's Running Training program, Personal Development Workshops and more. See a coach for details!



What If I'm Away?

Workout 1

FOAM ROLLING/Warmup		
With Foam Roller		
Upper Back	Side Lying T Spine Mobility	8
Lats	Kneeling Adductor Mobility	8
Glutes	Wall Ankle Mobility	8
Quads	Squat to Stand w/ OH Reach	1
Adductors	Toy Soldiers	1
Hamstrings	Jog in place	
With Lacrosse Ball		
Calves		



There will likely be times where life events pop up that prevent you from getting to the gym - please use us as a resource while you are away!

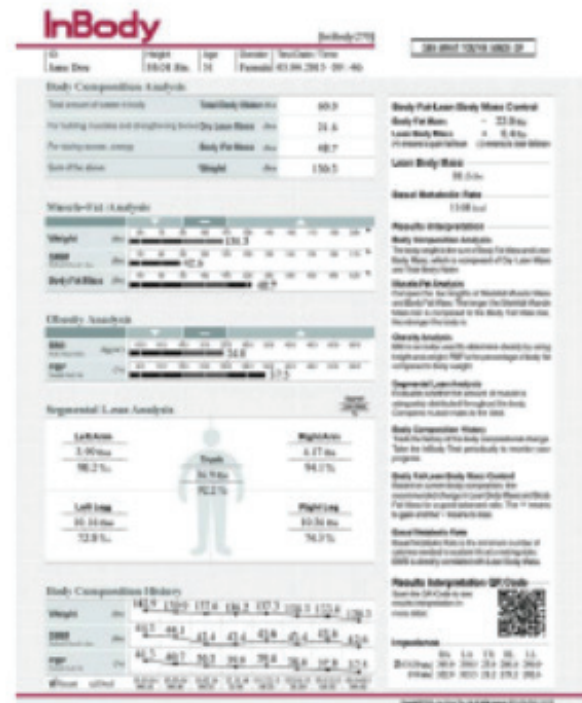
If you're traveling you can tune in via zoom to any "STREAM" workout happening that day for a live follow along workout

We also have a variety of circuits available in the "Files" section of our members only "165" facebook page

We also have an extensive bank of recorded virtual livestream workouts recorded for your convenience. To access these recordings head over to "[www.spurlingfitness.com/client](\"http://www.spurlingfitness.com/client\")" and click on the "Recorded workouts" section



Strategy Sessions



You have the opportunity to sit down with a coach once every 90 days to discuss your goals, and strategies to achieve them.

- Included in your membership you get one 30 minute strategy session every quarter to create a 90 day game plan and can be scheduled with any coach.
- Once every 60 days you will also receive an InBody scan which includes a printed body composition reading to track your results.



Why Should I Take These Supplements?

Vitamin D

- Increased cognition, immune health, bone health and wellbeing. It can also reduce the risks of cancer, heart disease, diabetes and multiple sclerosis.
- There is only a sufficient amount of UV light coming from the sun when the UV index is 3 or higher, which only occurs yearround near the equator.

Fish Oil

- The average diet is high in omega-6 fatty acids, which is why fish oil is recommended (to balance the ratio).
- A ratio of roughly 1:1 is associated with healthier blood vessels, a lower lipid count and a reduced risk for plaque buildup. It can also decrease the risk of diabetes and several forms of cancer, including breast cancer.



Supplements Cont'd

Creatine

- The primary benefit is an improvement in strength and power during resistance exercise
- A reduction in mental fatigue has been observed in various scenarios such as demanding mental activity, sleep deprivation, and traumatic brain injury.

Protein

- If you are an active person attempting to lose body fat while preserving lean muscle mass, a daily intake of 1.5-2.2g/kg bodyweight (0.68-1g/lb bodyweight) is a good goal.
- Its benefits extend to augmenting muscle gain in conjunction with resistance training, limiting muscle loss during low-calorie diets, and modestly limiting fat gain during periods of excessive calorie intake.



Frequent Sweaters' Club

FREQUENT SWEATERS' CLUB



Our Frequent Sweaters' Club recognizes all clients who get 10 or more visits at Spurling in a calendar month. We have a chalkboard in the gym where your name gets written up for the month, and you also get a sticker for your club card. Once you have filled your Frequent Sweaters' Club card with all 12 stickers, you earn our Frequent Sweaters' Sweater!

Your welcome goodie bag included your Frequent Sweaters' Club Card, or you can see the front desk team if you need one.



Should I Increase My Weight?

Rate of Perceived Exertion (RPE) Scale

1	Very light, could do 12-15 more reps
2	Very light, could do 10-12 more reps
3	Light, could do 8-10 more reps
4	Light, could do 6-8 more reps
5	Could do 4-6 more reps

6	Could do 4 more reps
7	Could do 3 more reps
8	Could do 2 more reps
9	Could do 1 more rep
10	Could not do any more reps



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Hours of Operation

Monday-Friday: 5:30am-7:00pm | Saturday: 7:30am-11:30am



Rewards



2500 Points - 1 Free Month of Training

1200 Points - Free MyZone Belt

300 Points - \$25 Off Purchase

250 Points - Free Foam Roller

200 Points - Free T-Shirt or Tank Top

75 Points - \$5 Off Purchase

75 Points - Free Protein Shake

60 Points - Free Protein Bar

