



#REFUSE TO BE OUTWORKED

OUR BENEFITS



Our classes focus on functional fitness, cardio, mobility, and agility. Utilizing bodyweight, dumbbell, and barbell work to increase your strength and overall muscle mass.



Our Coaches care about you and your fitness journey. Our certified team is available for personal programming.



Our Community of Athletes is like no other. They show up ready to work and support each other through every workout.

WHY CHOOSE US?

We are more than just a gym, we are a fitness community who support each other to reach our health and wellness goals. Our Coaches and Athletes are committed to helping each other achieve success.

CONTACT US



OUR STORY

We are proud to be a veteran owned business. Owner, Scott Underwood and his family are Texas Corners residents and have a strong commitment to the communities health and wellbeing.



OUR VISION

We believe that the foundation of a healthy lifestyle begins with the habits you form and choose to practice everyday. That to achieve overall wellness you must take care of your mind and body.



OUR MISSION

Mental strength is a big component to a fitness journey. Here at GRIT we believe one of the best ways to improve your health is through the support of a community. We are all here to cheer you on and support you through your fitness journey.



(269)598-0649



6955 W Q Ave,
Kalamazoo, MI 49009

NEW ATHLETE PACKET- Welcome to GRIT Fitness

Welcome to GRIT Fitness!

We are incredibly excited to have you join the GRIT Fitness community. We know first-hand how daunting it can be to start on a new journey towards health and fitness. The hardest step is over-you're here. We are happy to have you join our community dedicated to discovering a healthier you. Welcome to your new gym home and know we are here to support you every step of the way.

In this guide is all the information you will need to get acclimated and get going!

- **Meet Your Coaches**
- **Contract Information**
- **Utilizing the Zen Planner App**
- **Utilizing the InBody Scanner**
- **Class Schedule Information**
- **GRIT Glossary of Exercise Abbreviations**
- **Class Workout Styles**
- **Connecting with Your Community on Social Media**

Please make our Coaching staff aware of any injuries or medical concerns so we can support you with the proper tailored modifications. We are here to make this an amazing, safe, and healthy fitness journey for you! Please reach out to our Coaching staff with additional questions.

We can't wait to get going on this journey with you!

Your GRIT Coaching Team

NEW ATHLETE PACKET- Your Coaching Team



Scott Underwood, Owner

Scott spent almost 20 years in the US Army where he learned the importance of physical fitness and has been a personal trainer for 5 years. Scott loves to help others find their passion for fitness and take their bodies past the limits they imagined they had. Using physical fitness as a way to improve mental health has a close personal connection for Scott and he cannot wait to share that with you.



Meghan Tetreault, Gym Manager

Meghan is an ISSA Certified Personal Trainer and health and wellness have always been her passion. She was a Division I collegiate soccer player and has a passion is helping young athletes reach their potential. Recently being diagnosed with Multiple Sclerosis has sparked a new interest in working with athletes who suffer from chronic illness. She understands how important fitness can be in coping with the daily struggles that can come with diagnosis.



Tricia Saucier, Coach

Tricia has been a member of GRIT Fitness since 2019 developing such a passion for fitness she decided to join the Coaching team. She is an ISSA Certified Personal Trainer, Bodybuilding Specialist, and Nutrition Coach. She has worked hard to transform her fitness level and she cannot wait to share her knowledge and support you.



Abby Meronek, Coach

Abby is a Sr. at Western Michigan University majoring in dance while working on her personal training certification. Her specialties include a variety of strength training techniques with a focus on increasing flexibility and mobility.

NEW ATHLETE PACKET- Contract Information

Cancellation Policy

Unlimited and Limited Packages

Unlimited/Limited packages include a 6 or 12 month agreement, with the first month payment due at time of signing.

Monthly payments are withdrawn the 1st of each month.

Memberships auto-renew, please remember your contract dates. We require 30 days notice prior to your contract end date if you will not be renewing your membership.

Early cancellation:

- Pay out of half the remaining balance on contract
- Provide proof of moving 30 miles or more from gym.

Accepted documents include:

- Change of address form
- Utility bill for new residence
- Official letter from landlord
- Leasing agreement

All Athlete contract cancellations must be completed in person at GRIT Fitness

4-Week Trial Program

The 4 week trial is only available to first time Athletes and you will be offered the option of obtaining an unlimited membership upon completion. **4 week trials are non-refundable.**

Punch Card

Punch Cards will expire one year after date of purchase and are non-refundable.

Punch cards are available at a \$200 paid in full rate.

Drop in is available at \$25 per class.

NEW ATHLETE PACKET- Contract Information

Membership Hold

Unlimited and Limited Packages

- When placing your unlimited/limited membership on hold, a \$5 a month hold fee will be charged each month on the date of your normal membership payment.
- Written notice is required to place your membership on hold.
- Memberships may be placed on hold for up to 90 days and those days will be added to the end of your membership agreement.

I have read and understand the GRIT Fitness cancellation and hold policies.

Signature:

Date:

Print:

NEW ATHLETE PACKET- Zen Planner App

Zen Planner is the application we use to keep you connected to your gym experience and it offers:

- Schedule of class times
- Reservation sign in
- Library of additional workouts
- View of membership details
- Direct contact messaging

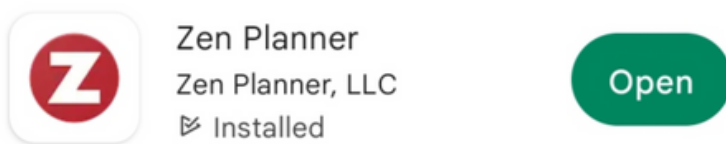
When you sign up for a free trial, the information provided automatically sets up an account for you. Please include: first and last name, date of birth, phone number and current email.

An email address is necessary to set up the Zen Planner app.

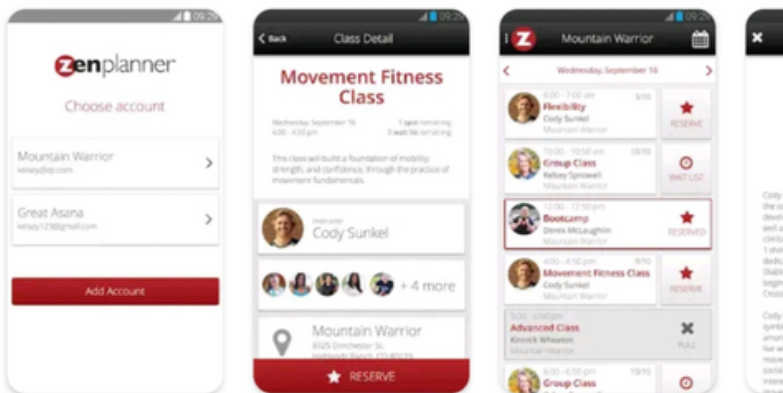
We respect your communication preferences and will NEVER send mass emails unless there is a weather closing.

Installation Directions

Download the Zen Planner app from your mobile App store.



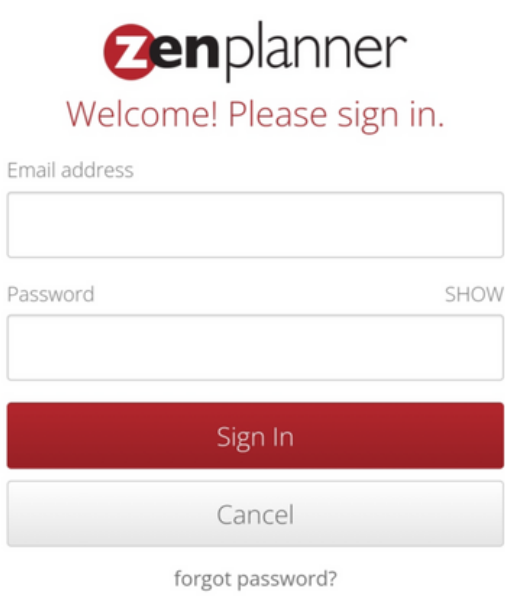
Available on more devices 



NEW ATHLETE PACKET- Zen Planner App

Installation Directions

Enter the email address and password you have chosen. If you need to reset your password, hit forgot password on the home screen.

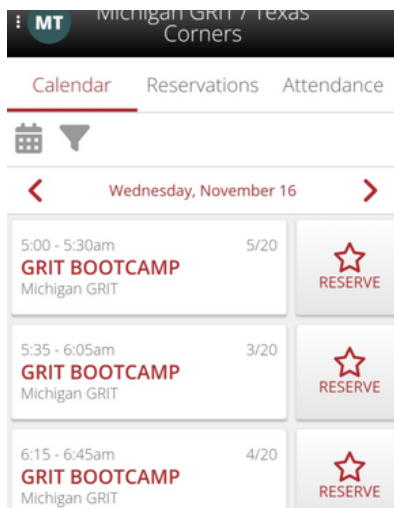


The screenshot shows the Zen Planner app's login interface. At the top is the 'zenplanner' logo with the text 'Welcome! Please sign in.' below it. There are two input fields: 'Email address' and 'Password'. To the right of the password field is a 'SHOW' link. Below the fields are two buttons: a red 'Sign In' button and a grey 'Cancel' button. At the bottom, there is a link for 'forgot password?'.

Once logged in you will be able to review the class schedule and number of spots available. Click on the **Reserve star** on the right hand side to reserve your spot.

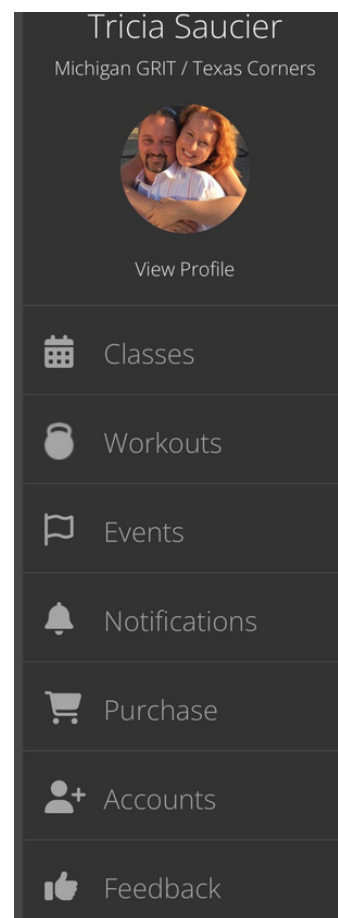
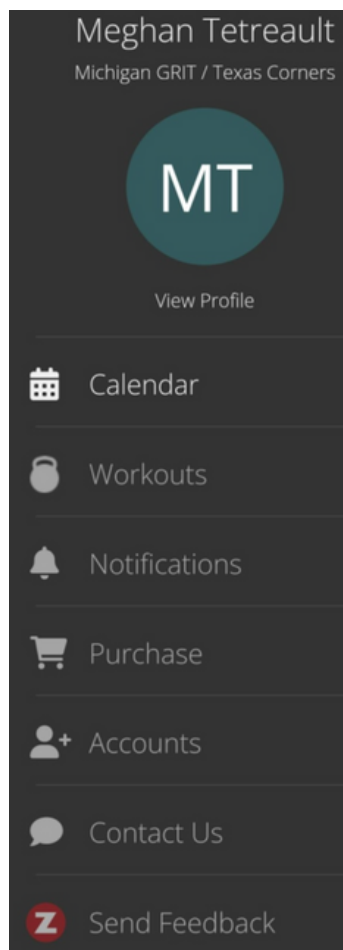
Reservation Tab is where to review your upcoming class reservations.

Attendance Tab allows you to review your class attendance for the current and previous week, month, or past 60 days.



NEW ATHLETE PACKET- Zen Planner App

In the upper left corner you will see three dots with your initials. Click here to navigate the following features: calendar, workouts, notifications, membership purchase, contact us, feedback to ZenPlanner and to logout.



Help Us Get to Know You!

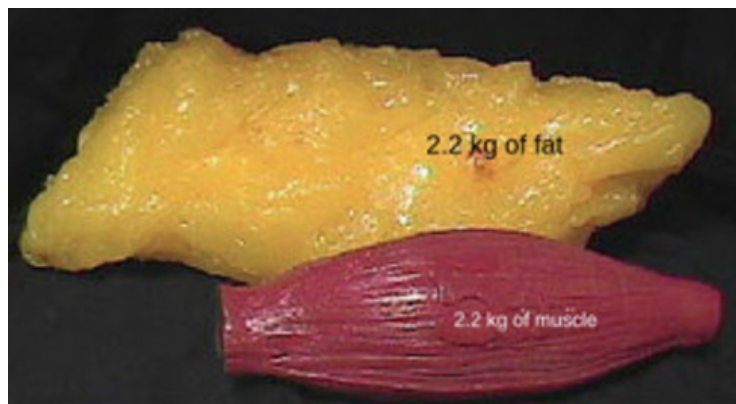
Update your profile and add a picture of yourself. This will help everyone get to know you and make sure you are checked in for classes.

- Click **View Profile** under the circle with your initials in it
- Click **Edit** to upload your picture

NEW ATHLETE PACKET- InBody Scanner

The InBody scanner is a great way to track your fitness journey. The scanner, located in the lobby, takes less than one minute and measures your bodyweight, muscle, fat, and water providing a breakdown of how your bodyweight is broken into each of those categories. That data is put into a report that can be printed as well as being stored in the InBody App which can be downloaded onto your phone.

There are times in our fitness journey, when we feel progress is coming slower than we would like and we have hit a plateau. What the scale says does not always tell the whole story and that is where the InBody is helpful. We ask our Athletes to focus on two main areas of the InBody report **increasing Skeletal Muscle Mass and decreasing Body Fat Mass**. Muscle is heavier and more dense than fat. When you exchange a pound of muscle for a pound of fat, your bodyweight will stay the same but your body composition will change giving you a leaner look.



How Accurate is the Scanner?

Your body is always changing and the scan can be impacted by a few variables. We recommend doing your scan first thing in the morning, before you eat or drink, prior to your workout, and after using the bathroom for the most accurate results. Try to take the test under the same conditions every time when possible.

How Accurate is the Scanner?

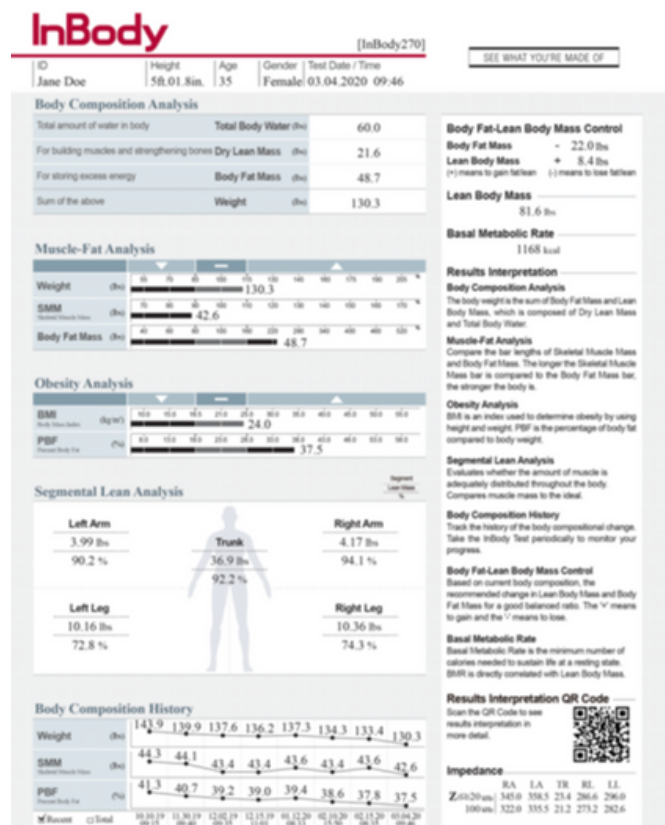
The InBody uses bioelectrical impedance analysis to precisely measure body composition by sending multiple electrical currents through the body, resulting in up to six different readings for the trunk and each of the four limbs. The currents are very mild- you won't feel a thing.

NEW ATHLETE PACKET- InBody Scanner

Directions

1. Download InBody App from your mobile app store
2. Wipe down hands and feet (wipes are located next to machine)
3. Step onto the InBody
4. Your ID will be your phone number with area code
5. Enter the requested information to start profile
6. Follow the verbal prompts
 - a. Grab the handles
 - b. Get into position with heels on rear electrodes and arms not touching your sides
7. Maintain testing posture
8. Receive your results

Scans are recommended every 2-4 weeks.



**Need help interpreting your results?
Please ask one of our Coaches.**

NEW ATHLETE PACKET-Class Schedule

Our Class schedule may vary. Please utilize the Zen Planner app for the most up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	5:00 AM	5:00 AM	5:00 AM	5:00 AM	8:30 AM
5:35 AM	5:35 AM	5:35 AM	5:35 AM	5:35 AM	9:15 AM
6:15 AM	6:15 AM	6:15 AM	6:15 AM	6:15 AM	
7:45 AM	7:45 AM	7:45 AM	7:45 AM	7:45 AM	
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	
9:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	
4:00 PM	4:30 PM	4:00 PM	4:30 PM	4:00 PM	
4:45 PM	5:15 PM	4:45 PM	5:15 PM	4:15 PM	
5:30 PM	6:00 PM	5:30 PM	6:00 PM		

BLACK CLASS TIMES ARE 30 MINS

RED CLASS TIMES ARE 45 MINS



GRIT GLOSSARY

Class Exercise Abbreviations

AMRAP- As Many Rounds as Possible

EMOM- Every Minute on the Minute

BR- Battle Rope

BW- Body Weight

BO- Bent Over

DB- Dumbbell

D/B- Down and Back

M/B- Mini Band

OH- Overhead

RB- Resistance Band

SA-Single Arm

SB- Splat Ball

SL-Single Leg

BB- Barbell

KB- Kettlebell



GRIT GLOSSARY

Workout Styles

Our workout styles vary from high pace and intense to slower and methodical. Below is a brief description of some of the styles of workouts that you will see.

Warm -Up

Low Intensity. Your Warm-Up will take place while your coach demonstrates the workout. This time is where your focus will be on getting your body and heart prepared for your workout.

Dynamic Warm-Up

Any exercise that gets your joints involved. This should be done after your low intensity exercises. Working on your range of motion and warming up those muscles, ligaments and tendons is vital to having an injury-free workout.

Primary/Secondary

The phrase Primary/Secondary is commonly used in class. The primary, or first, exercise that you will complete will be written on the top portion of the whiteboard. The secondary exercise that you will complete will be written on the lower portion of the whiteboard.

EMOM

High Intensity. EMOM workout, stands for Every Minute on the Minute, is a workout protocol that is used to program all levels of fitness and training goals. Every minute you will have a set number of exercises and reps to be completed. Example: Complete 10 push-ups in one minute. Once you have completed the required repetitions in the exercise, the remaining time is used for rest. If 10 pushups took you 20 seconds, you would have 40 seconds to rest until the next minute frame.



GRIT GLOSSARY

Workout Styles

AMRAP

High Intensity. AMRAP stands for As Many Rounds as Possible, is a combined timed and repetition based exercise. Each AMRAP will have a designated repetition count for each exercise that you will continuously complete for the allotted time. With an AMRAP you determine your pace/intensity. For example, if the movements are more complex you can slow it down; if the movements are mostly body weight, you can move faster. The question is, how hard do you want to push it? If you want to rock out more repetitions you will need to move at a fast pace, if you want to go for quality and control, you will need to slow down that pace.

Tabata

High Intensity. Tabata training breaks a workout down into clearly defined intervals – typically, 20 seconds of a push-it-to-the-limit exercise followed by 10 seconds of rest. This workout is designed to rapidly increase your heart rate. There are eight consecutive work-and-rest cycles that go into a 4 minute round.

Cooldown

After each workout it is very important to complete a Cooldown. At the end of each class we provide a guided 2-3 minute stretch. Ideally, you should take an additional 5-10 minutes minimum to complete your Cooldown. An additional recommendation of a 3-4 minute walk, followed by some static stretches can help prevent muscle soreness. Foam rolling is a great option to loosen up those muscles to prevent delayed onset muscle soreness (or DOMS).

NEW ATHLETE PACKET-Social Media Community Links

We are very active on our Michigan GRIT Athletes page updates, celebrations, community events, etc directed at our current athletes. We encourage you to join all of our social media pages to stay up to date with the most recent GRIT happenings.

**Facebook Members Exclusive Group
Michigan GRIT Athletes**

<https://www.facebook.com/groups/895941693946500>



**Facebook Main Page
Michigan GRIT Fitness- Kalamazoo/Texas Corners**

<https://www.facebook.com/tcmichigangritfit>



**Facebook Private Group
GRIT Run Club**

<https://www.facebook.com/groups/298951365713802>



**Instagram Main Page
Michigan GRIT Texas Corners**

<https://www.instagram.com/tcmichigangrit/?hl=en>

