

Answers to Frequently Asked Questions...

Dynamic Fitness Solutions offers members a great selection of fitness equipment, a wide variety of classes, and world class personal training.

Our 13,000 square foot club is designed to give you everything needed for a total body workout. We are dedicated to promoting the wellness of all our members and we cater to every age group and fitness level. Dynamic Fitness Solutions has the programs and World Class Personal Trainers to help everyone meet their goals.

Membership to our club includes full amenities and access to our club 24/7 access to all our equipment, group exercise classes, child care, and basketball court.

Group exercise classes are held in our Group Exercise which features a sound system, and we provide all the equipment needed.

Daily Group Cycling classes are held in our Spin Studio.

Along with our inclusive classes, Dynamic Fitness Solutions is happy to offer speciality classes and services, such as self defense, martial arts, private basketball coaching, and personal massage. These activities are available to members and nonmembers for additional cost.

Cardio Equipment

- Treadmills
- Stepper
- Recumbent and Upright Bikes
- Elliptical Trainers
- Spin Bikes

Other Amenities

- ½ court basketball court
- Full Shower and Locker Rooms
- Child Care
- Personal Training Studio
- Water and other sport beverages for sale
- Advocare Products
- Pro Shop

FAQs+

Use of Equipment

Will someone show me how to use the equipment when I join?

YES! We understand how confusing equipment can be even if you aren't used to working out in a gym. We have fitness specialists on staff to assist you. Simply ask at the front desk if you have questions. We also have personal trainers to help you meet your fitness and health goals. If you are interested in personal training, inform the front desk of your interest and we will get you in contact with one of our trainers.

What should I know about the free weight area?

Everyone is responsible for the safe use of free weights. All Weights and dumbbells must be racked immediately after use. Please be courteous of others and re-rack your weights.

How do I sanitize the equipment after I use it?

We provide towels and sanitizer spray for wiping off the equipment after use. It is a common courtesy to wipe down the equipment after each use.

Group Exercise Classes

How do I go about participating in a group exercise class?

Anyone can participate in the classes. Class schedules are available online or at the front desk. Each Class is approximately 45-60 minutes.

Is there any special equipment I need to bring to participate in group exercise classes?

We provide all the equipment needed to participate in the group exercise class- small hand weights, dumbbells, steps, stretch bands, yoga balls, and any additional equipment needed. If you choose to participate in yoga, we recommend bringing a non-slip yoga mat. Wear appropriate footwear and bring a bottle of water.

Are there any tips for group cycling?

Group cycling is a fun and challenging workout to help you get in shape. It is recommended you wear lightweight clothing and bring several bottles of water to keep you hydrated throughout your ride. Please bring a towel to wipe off perspiration from your face and body.

Other frequently asked questions

Am I allowed to bring a guest with me to use the club?

Guests are permitted in the facility. Members can bring a guests for \$10.00 per guest per visit. Guests do need to sign in at the front desk upon arrival at the club and payment will be due at that time. Tours will be provided by our Staff.

Can I use the club 24/7--365?

Yes! We offer all our members who are at least 18 years old full access to our club 24/7--365. We are never closed!

Programs

What Programs do you offer at Dynamic Fitness Solutions?

Athletic Training Program- This program is a six day a week training program that is specifically designed with the Athlete in mind. All programs are individually developed for the Athlete to develop their strength and explosive power through training methods that incorporate free weights, strength machines, resistance bands, plyometric exercises, and non-conventional exercises. All training is sports specific and results driven.

Speed and Agility Class- This class focuses on Speed, Power, Strength, Agility and Flexibility. The purpose of this class is provide instruction in the techniques and training that are necessary for athletes to reach their full potential in speed training. Power, Agility, and Speed Training are essential for Success in All Sports! This class is open to any athlete at any age and grade level and is designed accordingly.

Athletic Team Training Program-

For teams of any sport looking for any combination of speed, agility, sport specific conditioning, or strength training sessions. These sessions vary between teams and needs; no two workouts are the same between teams. Before any workouts are designated, trainer Bill will meet/talk with the team's head coach to map out the needs specific to enhancing sports performance. Sessions are 60 minutes long and can be made to work anywhere for 12-50 athletes (if group is below 12 athletes, small group training is available). The standard package is \$100 per athlete for 8 sessions, but custom packages are available. Contact Dynamic Fitness Solutions to set up motivating, challenging, and competitive workouts that will give your team the edge next season.

Silver Sneakers Program- Dynamic Fitness Solutions is a participating provider for The Silver Sneakers Program. Silver Sneakers is a complete wellness program which includes a no cost membership to the facility, full amenities to our club and group exercise classes, orientation

class to get you set up on a fitness program and to instruct you on equipment usage. For more information on this program, please call 440.543.0488

Basketball Training Program-

Dynamic Fitness Solutions offers group and individual basketball training with Coach Jakacki. These sessions are 60 minutes long and are driven by fundamentals. Sessions will be designed to improve coordination, dribbling, shooting skills, etc to overall enhance your performance on the court. For more information contact Josh Jakacki at 330.697.7894.