



## **Alter G Client Initial Set-up\***

### **Monday - Friday 8 to 6 pm\***

- Please show up 20 minutes prior to your session
- Check in with the **Spine & Sport** front desk for orientation
- Complete Consent and bring it to your first session
- Bring running shoes, shirt and compression shorts or running shorts
- You will be fitted into the ALTER G Shorts
- Begin orientation to the ALTER G

\*If these time do not work for you, and if you are already familiar with using the ALTER G you can see the Sport Court Staff off hours.

SPORT COURT is a separate entity. If you would like to use the shower and/or the gym, please meet with their staff for their very affordable memberships.