

Fitness

Personal Training

*Groups will receive a full hour of training.

1 Hour Session Packages			1/2 Hour & Partner Rates*			Group Training Rates* Hour	
Qty.	Rate	Total Cost	Qty.	Rate	Total Cost	Qty.	Rate
1	\$70	-	1	\$45	-	10	\$150.00/per person
5	\$65	\$325	5	\$40	\$200	One Hour Sessions	
10	\$60	\$600	10	\$35	\$350	*Groups can be 3 or 4 people	
20	\$55	\$1100	20	\$30	\$600		

Whether you are a beginner or a seasoned exerciser, we have the trainer that can assist you in achieving your personal fitness goals. Do not hesitate when it comes to looking and feeling your best! See Jason for Non-Member rates.

Group Exercise (CLASSES FREE TO FITNESS MEMBERS)

Cycling, Kickbutt Combo, Yoga, Pilates, BOSU Blast, Zumba!, CardioBells, Core Stability, Muscle Definition, WWE and much more!!! Please refer to the Group Exercise Schedule for class descriptions and schedule updates available on the club website and at the Front Desk.

JUNIOR PROGRAMS

Junior Fitness Training Ages 12 - 13 Session 1: 9/10-10/15 Session 2: 11/5-12/10 Session 3: 1/7-2/11 Session 4: 3/3-4/7 Session 5: 4/28-6/2	M: \$139 NM: \$209	Mondays 4:00-5:00pm*	This program is a hands-on instruction in weight training techniques and cardiovascular conditioning. Your child will learn how to use the resistance machines & cardio equipment, as well as stretching exercises, basic physiology, and Fitness Center rules. Upon completion of this program, your child will be able to work out with adult supervision present in the Fitness Center. Minimum of 2 participants.
Feb/April Vacation intensives 11-1 Tues-Fri			
Learn to Lift Ages 13-17 Session 1: 9/9-10/14 Session 2: 11/4-12/9 Session 3: 1/6-2/10 Session 4: 3/2-4/6 Instructor: Nate Jyringi	M: \$109 NM: \$159	Sundays 9:00-10:00am	Want to come to the gym and know exactly what to do, how to do it, and why? Tired of just doing the same workout your friends do? Or just looking for some new ideas to blast through a plateau? Each class will focus on specific body parts or muscle groups, and a variety of lifts to target these areas. Proper form will be taught for each lift. Members of class would develop their own strength program (by choosing exercises for each muscle group) between week 5 and 6, and class 6 would consist of completing this workout. The final product by week 6 would be the development of a weight training program, under the guidance of a personal trainer, which fits your interests, schedule and goals. Max class size 8.
Boot Camp for Kids! Ages 10 - 13 Session 1: 8/28-10/18 Session 2: 10/23-12/13 Session 3: 1/8- 2/28 Session 4: 3/4- 4/24	M: \$99 NM: \$149	Tuesdays & Thursdays 4:00-4:45pm	Looking to keep your child active and fit? The popular adult Boot Camp class is now available for your child! Your son or daughter will be moving for a full 45 minutes. It will be challenging, fun, and most of all it will boost his or her confidence.

*Classes may be arranged on a 1-on-1 basis for a fee of \$209.

Fitness – Adult Programs

ADULT PROGRAMS

8 Week Boot Camp! Session 1: 8/28 -10/18 Session 2: 10/23 - 12/13 Session 3: 1/8 – 2/28 Session 4: 3/4 - 4/24 M: \$139 NM: \$209	Tuesday & Thursday 10:30am or 5:30pm	Want to get in the best shape of your life? You will be transformed after this program! Stay committed to this program and you can be sure you will lose inches and drop pounds. This is a group program that will utilize muscles you didn't know you had! You will be challenged both physically and mentally. The class will meet 2 times per week for one hour at a time.
Learn to Run	Times & Dates TBA	This beginners program is designed for individuals with little or no running background in running. The workout starts out with only walking and gradually advances to walk/run workouts and finally to all running. Minimum of four participants needed to run.
12 Week Body Transformation M: \$1500.00 36 one hour sessions	To be Coordinated with Your Trainer	Our 12-week Body Transformation program is a twelve-week cardio and weight training program that begins with body composition testing, a fitness assessment that includes measurements, and optional before and after photos. We'll help you implement a comprehensive, personalized weight training, and aerobic conditioning program that will boost your metabolism, burn fat, increase lean muscle and help you firm and tone your body. If you're serious about making serious changes in your body then this program is for you!
6 Weeks to better Arms	Times & Dates TBA	For Women Only! Learn proper form and technique while sculpting and chiseling your way to shapely arms
Resting Metabolic Rate Weight Management Program	By appointment: contact Rick or Jason. M: \$75/hr NM: \$125/hr	Unlock the key to your success. One simple test provides all the answers to your weight management and fitness goals. Endorsed by researchers at Harvard Medical School, New England Medical Center, and Boston Medical Center – metabolic testing personalizes your fitness and nutrition plans by determining your unique metabolic needs. Customize your program based on your individual needs and see the results you have always wanted.
Cardio Core!	Times & Dates TBA	Work your core and combine it with intermittent bursts of cardio! This is a great way to burn calories and get that stomach ripped! Maximum of four per class.
Basketball League Men's 30+	Starts January 8 Tues and/or Thurs 6:00pm start	Consists of two 20-minute running time halves with the clock stopping for the last 2 minutes of each half. Games will be played on either Tuesday or Thursday nights or both depending on the number of registered teams. If you don't have a team don't worry, we'll place you on one! Registration forms can be found in fitness.

NEW Coming this fall: BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast!

*Specific launch date to be announced