



Small Group Programs—June 2011



GROUP PERSONAL TRAINING

Share time with a personal trainer and save! Customized workouts will be designed especially for you to do during designated “group” times at my home studio in Dunkirk. Current “Group Training” times are Mon, Wed, & Fri from 9:30-10:30 AM and Tues & Thurs from 5:00-6:00 PM. Groups will be limited to 3-6 people. Outdoor training may be included, weather permitting, for clients who want to exercise outside. (Call for studio location.)

Price for Group Personal Training (calendar month):

- Any 5 Sessions for \$160
- Unlimited* Group Workouts for \$300 (**includes unlimited classes as well as group personal training*)

CLASSES

Get motivated by working out in a small group in a friendly, non-intimidating setting. If it's a nice day, some classes may even be held outdoors! Group classes are held at designated times (see descriptions below). Classes are one hour long and are held at my home studio in Dunkirk, unless otherwise noted. (Call for studio location.)

Price for Small Group Classes (calendar month):

- Any 5 Classes for \$80
- Unlimited Classes for \$150 (*does not include group personal training*)

CLASS DESCRIPTIONS

Zumba

Dance your way to a fitter you, with exciting, unique Latin & international moves and rhythms— ZUMBA, the class that is taking the world by storm! Zumba moves are easy to learn; anyone can do it. If you like moving to music, try ZUMBA—it's the workout that feels like a party!

Kettlebell Blast

Kettlebell exercise is the latest rage in fitness, combining cardio and strength training with a single piece of equipment. Learn a variety of kettlebell moves that will torch calories & body fat as you improve your strength, endurance & aerobic fitness. We will end the class with abdominal/core work and a well-deserved cool-down & stretch.

Indoor/Outdoor Workout

This fun, intense class will improve your endurance, strengthen your muscles, perk up your posture, and make you feel great! You will use various fitness equipment, including the TRX, kettlebells, bars, bands, medicine balls, and more, moving through a series of exercises for your upper body, abdominals, hips, glutes and thighs. Class will be held indoors, outdoors, or a combination of both, depending upon weather conditions.

Total Body Toning

In this class, students will learn strengthening and muscle toning moves using different types of equipment (such as the BodyWedge 21, stability ball, TRX, and more). These simple but effective routines will challenge all levels of exercisers. Learn to layer moves to fatigue your muscles quickly and effectively, for excellent results.

TRX Express

Short on time? Using the TRX Suspension Training System, you will move from one exercise to another very quickly, toning your entire body in only 30 minutes. By changing your hand or body position slightly, you can adjust exercise difficulty “on the fly” to keep things challenging (but not impossible). Learn how efficient a 30-minute workout can be!

“NO B.S.” POLICIES

Consistency is the key to your results. Therefore:

- **Classes & group sessions are purchased on a monthly basis and will expire at the end of the calendar month.**
- **Plan ahead to use your classes and sessions, as there will be NO refunds, NO carry-overs to future months, NO individual make-ups, NO package downgrades after purchase, and NO exceptions!**
- Please be on time! If no students have arrived by 10 minutes past class start time, that day's class will be cancelled.
- A missed Group Personal Training workout may be made up by taking any other group session or class on the schedule.
- A missed class may be made up in Group Personal Training for a \$16 surcharge; 24 hours' advance notice is required to prepare your custom workout. (Group Training is indicated with * on the calendar.)
- Unregistered students, please call in advance so I am ready to work with you. No drop-ins, please.