

Group Training Sessions April - May 2012

You do not have to be a member to take any of our classes or work with a trainer

The following sessions will be offered provided they reach the minimum number of participants (minimums will vary depending upon the class and the instructor). Please contact the instructor directly in order to sign up for a session. Payment will be made directly to the instructor on the first day of class in the form of check or cash. For more information, please contact the instructor that you wish to work with (contact information is found below).

Youth Fitness Sessions

- **Kids in Motion (ages 8-12) Instructed by Dan Guthrie and Rod Stidham**
Mondays & Wednesdays 4:00p-5:00p (Monday in Studio 2 & Wednesday in Studio 1)
\$40 per month for one day a week
\$70 per month for two days a week



Our goal... no one stops moving, no one stops laughing and we all learn a little fitness along the way! Your child will learn how fun the fitness center can be as we teach them how to properly perform fundamental fitness movements in new and interesting ways. **You can start at any time!** Contact Dan Guthrie (dguthrie@blueash.com or 745-6261) or Rod Stidham (rodstidham@gmail.com or 205-1525 if you are interested!



TRX Sessions

TRX training is a great way to develop a stronger core, and build a leaner, stronger body. **Participants of all ability levels are welcome** as we guide you through exercises designed to shed the pounds and create the muscle definition you have always wanted.

- **TRX Class – Instructed by Dan Guthrie & Maggie Smith**
Tuesdays (with Maggie) & Thursdays (with Dan) - 7:00a-8:00a
April 3rd to May 10th - 6 weeks - 12 sessions - \$96.00 per person
Contact Dan Guthrie (dguthrie@blueash.com or 745-6261) or Maggie Smith (maggie88smith@gmail.com or 317-5140) if you are interested!
- **TRX Class – Instructed by Maggie Smith**
Tuesdays (with Maggie) & Thursdays (with Dan) - 7:00a-8:00a
April 13th to May 4th - 4 weeks – 4 sessions - \$32.00 per person
Contact Maggie Smith (maggie88smith@gmail.com or 317-5140) if you are interested!



[See back page for more....](#)

Small Group Fitness Sessions

- **Fitness Fusion – Instructed by Dan Guthrie & Kaitlin Smith**

Mondays, Wednesdays, and Fridays - 6:00a-7:00a in Studio 2

April 9th to May 18th

6 weeks - 18 sessions - \$250.00 per person

This is a great work out option for **participants of all ability levels**. We teach you new and fun exercise routines to help you achieve your wellness goals. Our two instructor approach gives us the opportunity for more one on one instruction to help you maximize your workout results! Contact Dan Guthrie (dguthrie@blueash.com or 745-6261) or Kaitlin Smith (kaitlinsmith85@gmail.com or 745-8435) if you are interested!

- **Unlimited Monthly Boot Camps – Instructed by Kim Lainhart**

Focus on improving cardiovascular endurance, weight loss and increased strength and toning. Expect diversity and variety – we change things up throughout! Flexibility and core strengthening are included in every workout. Additionally, there is a monthly wellness strategies meeting to discuss and develop personal goals and strategies for success. We have fun, motivate each other and work hard. Join the fun!

How it works:

You can attend a maximum of 5 sessions per week. Appointments are required and subject to availability.

Cost:

1 month - \$160

3 months - \$400 (15% discount)

6 months - \$760 (20% discount)

Days/Times:

Monday – 5pm & 7pm

Tuesday – 4:30pm

Wednesday – 6am

Thursday – 4:30pm & 7pm

Saturday – 9am

You may join at any time! Contact Kim Lainhart (kklainhart@hotmail.com or 300-5610) if you are interested! Now recruiting for additional day/time offerings! Contact Kim with your preferences.