



# SMALL GROUP TRAINING

Session #1 June 6-July 22

Session #2 July 25-September 2

## BASIC 101 & BASIC 202

Basic 101 will introduce individuals to weight training. Learning how to use the equipment in the weight room will help you build a foundation for a sound program. You will increase strength, improve appearance, control your weight, strengthen bones and boost your fitness and endurance levels.

Basic 202 will take graduates from Basic 101 to the next level. Participants will be exposed to a wide variety of machine exercises, free weight exercises and TRX exercises.

### Basic 101

Monday /Wednesday 7am

Tuesday/Thursday 8:30am

Tuesday/Thursday 6pm

### Basic 202

Monday/Wednesday 4:30pm

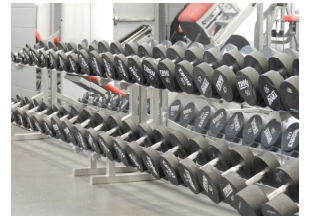
Tuesday/Thursday 7:30am

## O.W.O.S.

### (Overweight And Out Of Shape)

This is an entry level class for those people who feel much more comfortable working out with people who are in the same situation as they are. Simple movements and directions keep everyone on track. Work on strength and cardiovascular components, balance and flexibility within the workout. Physical limitations are always addressed and modifications presented.

Tuesday/Thursday 6pm



## BEACH BODY WORKOUT

Are you ready for summer? Want to look and feel great at the beach? Time to start that workout that will get you on track, feeling confident and ready for your summer wardrobe and activities. Summertime is all about fun, and this training session will keep the fun in your workouts. Every day will be a different workout to challenge yourself and have fun while you do it. Get tips on healthy eating in the summertime, learn some great new fitness routines and have a "beachy" time doing it!

Monday/Friday 8am





SPRING LAKE COMMUNITY  
Fitness & Aquatic Center

# SMALL GROUP TRAINING

Complete the information below. Please indicate which class time and session that you are registering for.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

## Class Time (Please Circle Choice)

Basic 101 Mondays & Wednesdays 7am

Basic 101 Tuesdays & Thursdays 8:30am

Basic 101 Tuesday & Thursdays 6pm

O.W.O.S. Tuesdays & Thursdays 6pm

Basic 202 Mondays & Wednesdays 4:30pm

Basic 202 Tuesdays & Thursdays 7:30am

Beach Body Workout Mondays & Fridays 8am

## Session Dates (Please Circle Choice)

Session #1 June 6-July 22

Session #2 July 25-September 2

### Staff Only:

Members \$240 Paid \_\_\_\_\_ cash \_\_\_\_\_ check \_\_\_\_\_ credit card

Non-Member \$300 Paid \_\_\_\_\_ cash \_\_\_\_\_ check \_\_\_\_\_ credit card

Date: \_\_\_\_\_ Employee Initials: \_\_\_\_\_



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Small Group Training is a revolutionary, life changing experience!

The program will include:

- ◆ 12, 1 hour small group trainings sessions (2 sessions a week)
- ◆ Unlimited group exercise classes
- ◆ Nutritional guidelines
- ◆ Teamwork, Intensity, Accountability and Fun!



## Benefits of Small Group Training

- ◆ **RESULTS**-When you stick with a well-constructed program, you will get the results. All Small Group Training programs will include a pre-assessment and post-assessment.
- ◆ **SMALL GROUP SETTING**-While group exercise classes offer many benefits, instructors are not always able to see and correct each individual class member. In a small group setting, trainers are able to focus on proper form for more effective workouts.
- ◆ **BASIC NUTRITIONAL INFORMATION**-Learn how to eat balanced and healthier to feed your muscles with fresh and healthy foods.
- ◆ **SUPPORT**-Both the trainer and other participants are there to help you get through the challenges of the workout and the obstacles in life.
- ◆ **GREATER FOCUS**-There's no time to let your mind wander with a personal trainer who will keep tight programming and watching your every move.
- ◆ **MOTIVATION**-In addition to a supportive trainer, having someone exercising right beside you can push you a little harder than you might do on your own.
- ◆ **EXCITEMENT AND FUN**-Yes, fun! The right program with friends and variety can definitely be fun. Our training staff will bring excitement and positive attitudes to each workout.

Whatever your goals are, the results will be amazing! This isn't a fad diet or exercise plan...It's for a lifetime, changing YOU into a healthier, newer you!

\$240 Members

\$300 Non-Members