

ADULT ACTIVE TRAINING

I Want My High School Waist! HE

(A Macho answer to Fit into Your Jeans)

Mondays & Thursdays 6:00 p.m.

September 8 - October 16

Come join personal trainer, Rob Martin, as he attempts to get back to his high school waist size. This group training program begins with a three point body fat percentage test, waist measurement, and an initial weight measurement, after which, participants will be given a new program to follow each week. Each contestant who achieves their high school measurement will receive a \$75 gift card to Men's Warehouse. As an added bonus, everyone who signs up will receive a year's subscription to Men's Health magazine. (Anyone who enters must be at least THREE inches above their target waist size to be eligible for the \$75 gift card.) 6 weeks, 12 sessions \$299 members/\$349 non-members

Super Strong Shoulders HE

Tuesdays & Thursdays 6:00 p.m.

September 16 - October 23

Rehabilitate and prevent shoulder injuries caused by overhead sports, including swimming, volleyball, tennis, and baseball. Personal trainers, Jessica Heller and Melissa Mueller, will help athletes become and stay injury-free in this focused group training program.

6 weeks, 12 sessions \$179 members/\$199 non-members

Ski Strong HE

Tuesdays, 6:00 p.m. & Saturdays, 9:00 a.m.

October 21 - November 29

Join former Keystone ski instructor and personal trainer, Rob Martin, for a fantastic preparation program targeted at getting you ready for the ski season. Designed specifically with the skier in mind, this is a group training program aimed to prepare for the upcoming season.

It will target strength and flexibility in specific muscle groups.

Adult skiers 18+ 6 wks., 12 sessions \$299 members/\$349 non-members

Adult Tennis Conditioning HE

Tuesdays & Fridays, Noon

OR Mondays & Wednesdays, 7:00 p.m.

Session I October 6 - November 14

Session II November 27 - December 12

Join personal trainers, Tammy or Ray, for strength training and agility drills to get fit and improve your overall game.

High intensity, tennis specific, small group training "just do it!"

6 weeks, 12 sessions. \$299 members \$349 non-members