

## OPTIONAL PROGRAMS

**Suntan Sessions:** 10 sessions to jump start a tan

**Tandem Training Sessions:** 12 Personal Training Sessions with your "significant other", relative, or friend. Save 25% off regular sessions.

**\$10-\$50 Gift Certificates:** Can be applied to specialty program of choice!



**I.C.E. (Indoor Cycling Experience):** Cycling to music! Jump on one of our fat burning bikes and ride your way to a trim & toned physique. Save \$\$ with Early bird registration.

**YOGA:** This workout will leave you long and lean. Stretch, breath and enjoy.

**BOOTCAMP:** "Pain is weakness leaving the body" If you're up for the challenge then join 8 weeks for \$80 for the ultimate full body workout.

**FUSION MARTIAL ARTS:** A variety of high intensity kick boxing, core and strength exercises.

**PILATES:** A series of non-impact exercises to develop strength, flexibility, balance, and inner awareness.

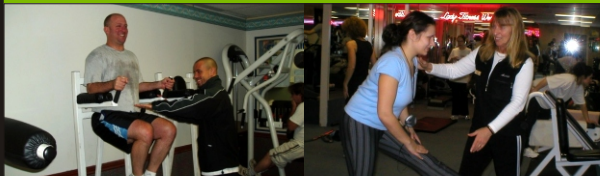
**CHISELED:** This 30 minute cardio and core class will help chisel your abs to get that beach body you've always wanted.

**RUNNING CLUB:** Tired of doing cardio indoors? Come join Preet twice a week to improve your cardio endurance outdoors. All levels welcome

\$ These Programs have Additional Fee \$  
See Front Desk for Sign Up and Pricing

## PERSONAL TRAINING

Take your workout to a new level with a time efficient program. Add muscle, trim inches of fat, rehab an injury or train for sports.



Book your complimentary evaluation NOW!  
See Front Desk for more information

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00		YOGA \$		PILATES \$			
9:15	CARDIO SCULPT	STEP	CARDIO SCULPT	STEP		(9:00) THE WORKS	
10:00				(9:00) RUNNING CLUB \$	STEP	CARDIO KICKBOX	CARDIO SCULPT
11:30		THE WORKS		YOGA \$		CHISELED \$	
4:30	ABS	CHISELED \$	ABS		BOOTCAMP \$		
5:00	CARDIO SCULPT	THE WORKS	CARDIO SCULPT	THE WORKS	(5:30) THE WORKS		
6:05	CARDIO KICKBOX	CARDIO SCULPT	FUSION MARTIAL ARTS \$	CARDIO SCULPT			
6:30		RUNNING CLUB \$					
7:10	YOGA \$	PILATES \$	BOOTCAMP \$	YOGA \$			

See Additional Programs on left of schedule

### Indoor Cycling Experience:

This schedule is subject to change without advance notice.

9:30 a	I.C.E. \$ (8:30)	I.C.E. \$ (8:30)	I.C.E. \$ (9:00)	I.C.E. \$ (9:00)	I.C.E. \$ (8:30)	I.C.E. \$ (8:30)	
5:30 p	I.C.E. \$		I.C.E. \$			(10:00) I.C.E. \$ (10:00)	I.C.E. \$ (10:00)
6:00 p		I.C.E. \$		I.C.E. \$	I.C.E. \$		
6:30 p	I.C.E. \$		I.C.E. \$				

## CLASS DESCRIPTIONS

- STEP** Energetic choreography on an adjustable step. (Step+ more advanced choreography)
- CARDIO KICKBOX** Incorporates martial arts from boxing for simple yet, challenging drills that improve endurance, strength and speed.
- ABS** 30 min of abdominals and core work focusing on muscular endurance and stabilization.
- CARDIO SCULPT** Combines Cardio moves like high/lo Step, Running, Jogging, and resistance with weights or body to give you great endurance and tone up your entire body.
- THE WORKS** Combination Style class for everyone, beginner to advanced. Expect Cardio of all sorts, including step, hi-low, and drills. Experience the benefits fo intervals of resistance, cardio & core.



Look for special classes or time changes.

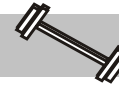
See Front Desk for more information

## CLUB ETIQUETTE

1. **Screening:** All participants must complete a health screen and waiver prior to exercise
2. **Front Desk:** Sign in or scan membership cards on every visit.
3. **New members** are entitled to 1-3 supervised orientation workouts. Please book appointments.
4. **Wear** clean athletic clothing and footwear to allow freedom of movement and support. NO Sandals.
5. **Bring a lock.** Lockers are for daily use. Do not bring workout bags onto exercise floor.
6. **Carry a towel.** If you perspire on the equipment, wipe it for the next member.
7. **Carry a water bottle.** Drink water regularly to hydrate yourself.
8. **Eat** 2 - 4 hours before a workout if it is a main meal, or 1 - 2 hours before exercise if it's a light meal.
9. **Warm-up and cool down** for each workout.
10. **Cardio Equipment.** There is a 30 minute maximum during prime time hours and when others are waiting.
11. **Workout cards** are filed: 1) by gender, 2) by last name alphabetically
12. **Assistance:** Before engaging in the use of unfamiliar exercises/equipment please ask a staff member for a demonstration. If you have any questions, feel free to ask our instructors or go to the **Service Desk**.
13. **Service Desk:** Members may book appointments for retesting and progress evaluations every 6 - 8 weeks.
14. **Behave** in a manner that is respectful, collegial, and polite. Loud and aggressive behavior is unacceptable.
15. **Read** and adhere to posted guidelines and changes to club etiquette.
16. **Overexertion:** If you feel faint or dizzy, stop and ask for assistance.
17. **Guests:** Guest Passes can be obtained from staff. Drop in fee: \$15. All guests must be supervised in the weight room.



## WEIGHT ROOM DEFINITIONS



- **Repetition:** a single lift of an exercise.
- **Set:** A series of repetitions before a rest period. 1-3 sets/exercise.
- **Rest Period:** an average of 30 - 90 seconds between sets. Allow others to use the machine between sets.
- **Circuit:** a series of machines placed in the order you must use them. One set on each machine.
- **Free Weights:** dumbbells, barbells, plates, collars/clips (holds plates on barbells), and racks.
- **Spotter:** a workout partner who supervises a set to ensure maximum benefits and to reduce the risk of injury.

## FREE WEIGHT RULES

1. ALWAYS use collars/clips on the barbells to hold the plates on the bar.
  2. RETURN ALL PLATES AND DUMBBELLS TO THE APPROPRIATE RACKS AFTER USE.
- DO NOT: - drop the dumbbells on the floor  
- "bang" the dumbbells together or bang weight stacks on machines.

## Club Hours

Mon - Thurs	5:00 am - 11:00 pm
Friday	5:00 am - 10:00 pm
Saturday	8:00 am - 7:00 pm
Sunday	8:00 am - 10:00 pm

## Child Minding

### Times:

Monday - Thursday	9 am - 1:00p, 4:00 - 8:00pm
Friday	9 am - 1:00 pm
Saturday - Sunday	9 am - 1:00 pm

### Rates:

1 Child	\$3.00/hr
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PLEASE ASK FOR RULES IN CHILDMINDING

## Personal Training

- ☆ **Motivation & Consistency**  
Be held accountable
  - ☆ **Proven 80% faster results w/ a trainer than alone**  
Eliminate trial and error
  - ☆ **Education & Guidance**  
Prevent common training errors and overuse injuries
  - ☆ **Make workouts fun & avoid boredom dropout**  
Learn new exercises and techniques
  - ☆ **Break through plateaus**  
Get the results you want, and maintain them
- Fees for service: See Fitness World Staff

