

Real Life Fitness “Package Deals” make the Perfect Gift!

Shake It Off

A Great Three Month Program Designed to Get Results!



An exciting, new comprehensive fitness program designed to get results fast! Utilizing our exclusive Power Plate and its whole body vibration technology, along with the supervision of our personal trainers, you will see and feel improvements in as little as fifteen minutes per session! The twelve week SHAKE IT OFF program combines cardio and resistance training along with fitness talks and nutrition coaching - all for one price. Participants can choose to meet with a trainer three or four times per week and appointments are available every day of the week! Greater fat burning, bone density and muscle strength are just some of the benefits you may experience with this program. Call for pricing.

Unlimited GravityGroup™ Classes

Small Group Strength Training that may also include Interval, Circuit or Pilates aspects - unlimited for just \$120 per month.

Utilizing our GTS machines, these exciting strength sessions heat up all the major muscle groups for a total body workout in just 30 minutes.

Several different intensity levels and formats are offered at various times in the schedule. Choose from our Gravity Launch for those at entry level, or Gravity Challenge, which adds more intense cardio to the mix with interval training, or Gravity

Fusion, which may include Pilates, stretching or extra core work, just to name a few. And remember, you work at your own level of resistance on your own machine while enjoying the challenge and camaraderie of a small group setting. Class size is limited to 6, and all sessions are led by a Certified Personal Trainer.



A \$40 one-on-one orientation session is required to attend Gravity Group.

Unlimited Small Group Classes

Attend Any Gravity Group, Cardio Challenge, Cardio Quest or Zumba Class for just \$200 a month.

Mix it up! We all need more cardio exercise. So in addition to GravityGroup strength training, add the options of Cardio Quest, a 30 minute cardio circuit class that will be different every time you take it, or Cardio Challenge, interval training that has never been this much fun! Simple moves - perfect for all levels of fitness. Try Zumba! Latin, salsa, hip hop - if this music makes you want to move, this fun 45 minute class is perfect for you!

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Personal Training? Strength, Cardio?

If you're not sure, call us - we can set up custom programs tailored to your needs and goals.

Call Barbi, 265-4041 ext. 2 for more information.