

## COMMIT TO GETTING FIT PROGRAM

Follow our path to a better body in just 6-weeks. Whether your goals include fat loss, gaining lean mass, improved health or improving physical performance, we will ensure your success. You will receive motivating guidance, individualized program design and expert instruction. **Commit to Getting Fit** is truly fitness that fits every aspect of your lifestyle. This program includes:

- A personalized exercise program to meet your unique needs and goals.
- A Fitness assessment and consultation
- 12 - 1 hour personal training sessions scheduled at times convenient to you.

Dates: **Designed around your schedule**

Code 339101-A

Time: By Appointment

Fee: \$300.00 (Must have a fitness center membership)

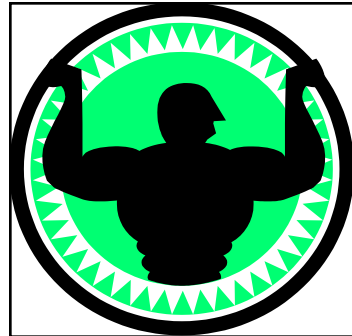
Ages: 18 years and older

### Hours of Operation

Monday – Thursday  
5:30 AM – 10:00 PM

Friday  
5:30 AM – 8:00 PM

Saturday and Sunday  
7:00 AM – 5:00 PM



We're doing our part to promote a  
healthier, better feeling YOU!

**Call 708-371-4810 for more information!**

## PERSONAL TRAINING

Meet with a certified personal trainer who will design a fitness routine that will fit into your schedule, help you to meet your goals, and improve your overall well-being. If you want to get the most out of your workouts call now to set up a free consultation with a personal trainer. Call (708) 371-4810 for an appointment. Must have a fitness center membership. Each session lasts one hour.

### TRAINING PACKAGES

1 session	\$35.00
3 sessions	\$90.00
5 sessions	\$135.00

## ASSISTED STRETCHING

Tight lower back? Having trouble touching your toes? Stiff shoulders? Meet with a certified personal trainer to:

- Improve flexibility
- Increase joint range of motion
- Aid relaxation
- Improve sports / functional performance
- Enhance movement

**\$15.00**

**(each 1/2 hour session)**

Code: 130101-A

Assisted stretching is  
suitable for all ages.

**By appointment only!**

## CERTIFIED PERSONAL TRAINERS

### Mike Brady—

Mike has lived in Crestwood his whole life and went to Shepard High School. In high school, Mike was a 3 sport athlete. He graduated from St. Xavier University. He got his personal training certification through the American Council on Exercise (ACE). He has been a trainer for 6 years. He has a passion for exercise and nutrition and can help you achieve your goals.

### Dan Tello—

Since high school Dan has been challenging every workout with new concepts and exercise science. Dan got his personal training certification through the National Academy of Sports Medicine (NASM). Dan completed an internship in youth strength and conditioning through EFS's Maximum Sports Performance program and is always working to expand his knowledge.