

ARARAT
Chapter



**Stay fit with JESIKAFit
Personal Training in a group setting!**

6-WEEK SESSION
February 27th – April 7th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MORNING CLASSES (Limited to 15 people)					
6:30 – 7:45AM					
7:30 – 8:45AM					RESERVED
9:30– 10:30	UC on the Stability Ball (9:30 - 10:45)	UC	UC/GS “Hybrid”	CS (9:30 - 10:45)	9:15 To 10:15 AM FAMILYfit UC
10:35- 11:45					10:15 To 11:30 AM FAMILYfit UC/GS “Hybrid”
EVENING CLASSES (Limited to 15 people)					
5:00 – 6:00					Personal Training or Small Group Training is available at any open time block(s). PLEASE CALL TO CUSTOM BUILD YOUR CLASS!
5:30 – 6:30					
6:45 – 8:00	RESERVED		RESERVED		
7:00 – 8:00		UC		UC on the Stability Ball	
8:05 – 9:15	UC on the Stability Ball	CS	UC/GS “Hybrid”	CS	

Brief class descriptions on the following page

Ararat
(323) 256 - 2564

NORTH GYM

JESIKAFit, LLC
(818) 415 - 1712

YEAR ROUND SPECIAL
\$99 TRIAL RATE for NEW MEMBERS
6-Week Session
(Unlimited Classes)

REFERRAL BONUS
1-Person \$10 OFF
2-People \$20 OFF
3-People \$30 OFF

(Discounts apply to your next session)

CS = Cardio Sculpt (Moderate to High Impact)

Get a "COMPLETE" workout by combining a cardiovascular workout with strength training. This class follows the HIIT (High Intensity Interval Training) format. Interval and circuit training techniques, hand held weights, and resistance bands are used to improve endurance, coordination, flexibility, muscular balance and cardiovascular training. A great "Bang-for-your-buck!"

UC = Ultimate Cardio (Moderate to High Impact)

Tabata Anyone? Tabata training is a great way to boost your metabolism and heart rate = burn more fat! This is a unique class designed to give you an intensive yet simple and fun workout. You will achieve cardiovascular and muscle strengthening benefits. The ULTIMATE CARDIO workout is a much safer approach to Boot Camp. Why? A variety of exercises are rotated to help avoid repetitive motion and subsequent stress injuries. The class takes place in a controlled environment with mirrors, flat surface, limited group size, and absolutely NO YELLING...only beeping!

UC on the Stability Ball = Ultimate Cardio on the Stability Ball (Moderate to High Impact)

This class is much like Ultimate Cardio however by using the stability ball there is a greater focus on core strengthening.

GS = Gentle Stretching (No Impact)

This class combines basic yoga, pilates, and flexibility moves to stretch the body. A great way to find calm in your mind, body, and spirit.

UC/GS = Ultimate Cardio & Gentle Stretch (Moderate to High Impact & No Impact)

This class is a "hybrid". After a safe warm-up, 30 minutes is a cardiovascular workout in the Ultimate Cardio format, and 30 minutes of gentle stretching.

*** RATES for 6-WEEK ENROLLMENT ***

1 CLASS PER WEEK = \$75

2 CLASSES PER WEEK = \$120

UNLIMITED CLASSES (Up to 5 Classes Per Week) = \$140

FAMILYfit SATURDAY = 1 CLASS PER WEEK = \$30
For Each Additional Family Member

Ararat
(323) 256 - 2564

NORTH GYM

JESIKAFit, LLC
(818) 415 - 1712

ADDITIONAL RATES		PRICE	PER CLASS
SMALL GROUP TRAINING	6 - Sessions (1x per week / 6-weeks) INCLUDES 12 - GF Classes (3 – 6 People ONLY)	\$150 Each Person	\$25
	12 - Sessions (2x per week / 6-weeks) INCLUDES 12 - GF Classes (3 – 6 People ONLY)	\$225 Each Person	\$18.75
PERSONAL TRAINING	4 – 30 Minute Sessions (1x per week / 4-weeks) INCLUDES 6 - GF Classes	\$145	\$36.25
	6 – 30 Minute Sessions (1x per week / 6-weeks) INCLUDES 6 - GF Classes	\$205	\$34.16
	12 – 30 Minute Sessions (2x per week / 6-weeks) INCLUDES 12 – GF Classes	\$390	\$32.50
	4 – 75 Minute Sessions (1x per week / 4-weeks) INCLUDES 6 – GF Classes	\$285	\$71.25
	6 – 75 Minute Sessions (1x per week / 6-weeks) INCLUDES 12 – GF Classes	\$414	\$69.00
	12 – 75 Minute Sessions (2x per week / 6-Weeks) INCLUDES UNLIMITED – GF Classes	\$780	\$65.00

PERSONAL TRAINING PACKAGES VALID FOR 60-DAYS

SMALL GROUP TRAINING VALID FOR 42-DAYS

**PLEASE SEE GROUP FITNESS (GF) SCHEDULE
(GF Classes Valid for ONE 6-Week Enrollment Period)**

PLEASE CONTACT JESIKA TO SCHEDULE YOUR APPOINTMENT



Ararat
(323) 256 - 2564

NORTH GYM

JESIKAfit, LLC
(818) 415 - 1712