

ARARAT
Chapter



6-WEEK SESSION Jan. 9th – Feb. 18, 2012		PRICE	PER CLASS
TIER 1	1 – Class Per Week / 6-weeks <i>* (Please See Reverse Group Fitness Schedule)</i>	\$75	\$12.50 per class
TIER 2	2 - Classes Per Week / 6-weeks <i>* (Please See Reverse Group Fitness Schedule)</i>	\$120	\$10 per class SAVE \$20
TIER 3	Unlimited Group Fitness Classes 3 - 5 Classes Per Week / 6-weeks <i>* (Please See Reverse for Group Fitness Schedule)</i>	\$140	\$4 - \$8 per class SAVE \$85-\$235
TIER 4	Small Group Personal Training 6 - Classes (1x per week / 6-weeks) INCLUDES Tier 2 (3 – 6 People ONLY)	\$150 Each Person	\$15 per class SAVE \$120
TIER 5	Small Group Personal Training 12 - Classes (2x per week / 6-weeks) INCLUDES Tier 2 (3 – 6 People ONLY)	\$225 Each Person	\$14.37 per class SAVE \$195
TIER 6	One-on-One Personal Training 4 - Classes (1x per week / 4-weeks) INCLUDES Tier 2 <i>* (Please Call Jesika to Schedule)</i>	\$285 (\$71.25 per class)	\$30.41 per class SAVE \$135
TIER 7	One-on-One Personal Training 6 - Classes (1x per week / 6-weeks) INCLUDES Tier 2 <i>* (Please Call Jesika to Schedule)</i>	\$414 (\$69 per class)	\$29.66 per class SAVE \$156
TIER 8	One-on-One Personal Training 12 - Classes (2x per week / 6-weeks) INCLUDES Tier 3 <i>* (Please Call Jesika to Schedule)</i>	\$780 (\$65 per class)	\$22 per class SAVE \$260
“TEAM” TEENfit	Mandatory Team Training 2 - Classes Per Week / 6-weeks <i>* (Please Call Jesika to Schedule)</i>	\$85 Each Person	\$7 per class SAVE \$35
TEENfit	Open to All Teens from All Sports 2 - Classes Per Week / 6-weeks (Limited to 20 People)	\$120 Each Person	\$10 per class
FAMILYfit	Each Additional Family Member on Saturdays / 6-weeks	\$30 Each Person	\$5 per class SAVE \$45

Ararat
(323) 265 - 2564

NORTH GYM

JESIKAfit, LLC
(818) 415 - 1712

Stay fit with JESIKAfit
Personal Training in a group setting!
HOW? All classes are limited to 15 people!

6-WEEK SESSION
January 9th – February 18, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MORNING CLASSES (Limited to 15 people)					
6:30 – 7:45AM					
8:00 – 9:00AM	Currently RESERVED PT (CLOSED)				FAMILYfit UC 8:00 – 9:00 9:05 – 10:05
9:30– 10:30	UC on the Stability Ball (9:30 - 10:45)	UC	GS	CS (9:30 - 10:45)	
10:35- 11:45					FAMILYfit GS 10:05 – 11:05
EVENING CLASSES (Limited to 15 people)					
5:00 – 6:00					
5:30 – 6:30					
6:45 – 8:00	Currently RESERVED SGPT (CLOSED)		Currently RESERVED SGPT (CLOSED)		
7:00 – 8:00	Currently RESERVED SGPT (CLOSED)	UC	Currently RESERVED SGPT (CLOSED)	UC on the Stability Ball	
8:05 – 9:15	UC on the Stability Ball	CS	GS (8:05 - 9:05)	CS	

Personal Training or Small Group Personal Training is available at any open time block(s).

PLEASE CALL TO CUSTOM BUILD YOUR CLASS!

Brief class descriptions on the following page

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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)

*** RATES: CHOOSE from TIER 1, 2, OR 3 ***

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.

*** RATE: \$30 Each Family Member ***

FAMILY *fit* = Saturdays are open to Family Fitness (Moderate to High Impact)

(Ages 10 + Please)

The goal of Saturday classes is to bring the family together as everyone achieves OH by means of physical activity. Camaraderie is the key element to empower parents and teens for healthy family fun!

*** RATES: CHOOSE from TIER 4 OR 5 ***

SGPT = Small Group Personal Training (Moderate to High Impact)

These classes are exclusive to 6 students. You can custom build your own exercise group!

*** RATES: CHOOSE from TIER 6, 7, OR 8 ***

PT – Personal Training (Intensity is Client Specific)

Personal Training is a perfect choice for someone that wants individualized attention. The client receives an initial assessment that measures fitness baseline.

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