**DEFINITIONS**

*Session:* 4-Weeks Long  
*Group Fitness Classes:* A comprehensive and progressive approach to exercise. All classes are first come, first serve.  
*7 to 15 students.*  
*Unlimited Package:* You may attend however many Group Fitness classes within a session.

***ADDITIONAL TIERS***

*Small Personal Training Classes:* Classes are limited to ONLY 6 students. Each student is provided with a baseline body composition assessment. A great class to create for family and friends!

- For rates and to create your Small Personal Training Group, please contact Jesika.
- If Group Fitness Classes are 6 people or less, the option to make the class a Small Personal Training Group will be offered.

*Personal Training:* A perfect choice for someone that needs individualized attention. The client receives a full physical, nutritional, and psychosocial analysis. A REPORT is provided with results and realistic recommendations to achieve OH (Optimal Health).

- For rates and to check schedule availability, please contact Jesika.

**CLASS DESCRIPTION**

*MUSCLE SCULPTING FOR EVERYONE (MSE)*

*(No Impact)*

An excellent class for beginners! This class is designed for every person who wants to improve their endurance, coordination, flexibility, and muscle balance. You'll be guided through a series of exercises that will include bands and resistance cords that will sculpt your body as you build muscle and melt fat.

*CARDIO SCULPT (CS)*

*(Moderate to High Impact)*

Get a “COMPLETE” workout by combining a cardiovascular workout with strength training. This class is designed to improve endurance, coordination, flexibility, muscular balance and cardiovascular training. A great “Bang-for-your-buck!”

*TEEN FITNESS (TF)*

*(Ages 10 – 16)*

This is a unique class designed to give teens a complete, intensive, yet fun cardiovascular and strength training workout. It features both moderately challenging and advanced drills to help teens improve endurance, coordination, flexibility, muscular balance, muscular strength, and agility.

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**OH-Fitness**

**SESSION BEGINS**

**JULY 11, 2011**

**HOMENETMEN**

“Ararat”

**NORTH CAMPUS**

3015 Roslyn St.

Los Angeles, CA 90065

(323) 256-2564

**JESIKAfit, LLC**

(818) 415-1712

www.Jesikafit.com

Jesikafit@yahoo.com
### JULY ‘11 GROUP FITNESS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATES:</strong> 7/11, 7/18, 7/25, &amp; 8/1</td>
<td><strong>DATES:</strong> 7/12, 7/19, 7/26, &amp; 8/2</td>
<td><strong>DATES:</strong> 7/13, 7/20, 7/27, &amp; 8/3</td>
<td><strong>DATES:</strong> 7/14, 7/21, 7/28, &amp; 8/4</td>
<td><strong>DATES:</strong> 7/16, 7/23, 7/30, &amp; 8/6</td>
</tr>
<tr>
<td><em>Cardio Sculpt</em> ADULTS</td>
<td><em>Cardio Sculpt</em> ADULTS</td>
<td><em>Cardio Sculpt</em> ADULTS</td>
<td><em>Teen Fitness</em> BOYS</td>
<td></td>
</tr>
<tr>
<td>Noon – 1PM “Lunch Break” Muscle Sculpting for Everyone ADULTS</td>
<td>Noon – 1PM “Lunch Break” Muscle Sculpting for Everyone ADULTS</td>
<td>5:45 – 6:55 PM</td>
<td>11:35 – 12:45 PM</td>
<td></td>
</tr>
<tr>
<td>7:00 – 8:00 PM</td>
<td>7:00 – 8:00 PM</td>
<td><em>Cardio Sculpt</em> ADULTS</td>
<td><em>Cardio Sculpt</em> ADULTS</td>
<td></td>
</tr>
<tr>
<td><em>Teen Fitness</em> BOYS</td>
<td><em>Teen Fitness</em> GIRLS</td>
<td>1:00 – 2:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:05 – 9:15 PM</td>
<td>8:05 – 9:15 PM</td>
<td>7:00 – 8:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Cardio Sculpt</em> ADULTS</td>
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<td><em>Teen Fitness</em> GIRLS</td>
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</tbody>
</table>

### REGISTRATION:
1) Online at Ararat.org
2) Email Jesikafit@yahoo.com
3) Walk-in (Walk-in does not guarantee admission if the class is full.)

### RATES

<table>
<thead>
<tr>
<th></th>
<th>Group Fitness Classes</th>
<th>Price</th>
<th>Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Teen Fitness</em></td>
<td>1 – 2 Classes per week</td>
<td>$50</td>
<td>Team $30</td>
</tr>
<tr>
<td><em>Tier 1 (Adult)</em></td>
<td>1 Class per week/4-weeks</td>
<td>$50 for 4-weeks</td>
<td></td>
</tr>
<tr>
<td><em>Tier 2 (Adult)</em></td>
<td>Unlimited Classes 2 + Classes per week/4-weeks</td>
<td>$80</td>
<td>$20 - $70</td>
</tr>
</tbody>
</table>

*Classes marked with an asterisk are more challenging and may not be appropriate for beginners.*

For more information on classes or registration, please CALL Jesika @ 818.415.1712 or EMAIL Jesikafit@yahoo.com