

## Program-Based Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<u>Class Location</u> Wellness Room (by Spin Room)  <u>PRICING</u> ❖ <b>Fit 4 Life:</b> \$80 for 8 classes per month ❖ <b>STOA:</b> \$120 for 8 classes per month or \$150 for 10 classes per month  Due to high demand, class availability is limited. Be sure to register with the class instructor ahead of time.  <u>Registration Contacts</u> Jean: (415) 378-7181 Amy: (209) 327-6756 Carolyn: (530) 514-7853  Or Email: training@chicosportsclub.com
8:00 - 8:50am <b>Fit 4 Life</b> <i>Carolyn</i>  9:00 – 9:50am <b>Strength Training for Older Adults</b> <i>Jean</i>	10:00 – 10:50am <b>Fit 4 Life</b> <i>Amy</i>  11:00 – 11:50am <b>Strength Training for Older Adults</b> <i>Jean</i>	8:00 - 8:50am <b>Fit 4 Life</b> <i>Carolyn</i>	10:00 - 10:50am <b>Fit 4 Life</b> <i>Amy</i>	9:00 – 9:50am <b>Strength Training for Older Adults</b> <i>Jean</i>  10:00 – 10:50am <b>Strength Training for Older Adults</b> <i>Jean</i>		

# Class Descriptions

## *Fit 4 Life*

Are you looking for a personalized fitness training program in a group setting with the professional guidance, knowledge, and support of a Personal Trainer? It sounds like Fit 4 Life is right for you! Meet with a Personal Trainer to assess your personal needs and goals and they will create a program just for you. You will meet twice a week with the Fit 4 Life group to complete your program card. Your program will include strengthening exercises, stretches, and cardio, curated just for you. This class helps with consistency, accountability, as well as learning to use the gym equipment in a safe and proper manner.

*Trainers: Amy, Carolyn*

## *Strength Training for Older Adults*

This individualized, program-based strength training program is the ideal way to get started in the gym, learn new exercises that are right for your body, and maintain a consistent schedule of exercise. Our master trainer, Jean, will create a strength training program just for you, specific to your needs and goals. Jean has decades of experience working with the older adult population and understands the joys and challenges of aging. Join *Strength Training for Older Adults* today and discover the incredible mind and body benefits of strength training.

*Trainer: Jean*