

Winter 2010 Club Fit Gateway Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Morning			
6:00 am			Fit Mix			8:30 am Zumba/Ballet Sculpt
			Evening			
5:45 pm	Zumba Express			Yoga/Pilates Combo		
6:30 pm	Cardio Sculpt			Fit Mix		

General Notes

- ▶ The fall II session runs from Jan. 11 - March 20 for a total of nine weeks.
- ▶ Drop-ins are welcome, but participants are encouraged to register for the entire session.
- ▶ All classes are about 45 minutes, unless labeled otherwise.
- ▶ All classes are taught at Gateway Dance ~ 315 E. 5th St. Suite 12 ~ Des Moines, IA
- ▶ See back for registration options and descriptions.
- ▶ Participants are encouraged to make up missed classes by attending a similar class or small group training before the end of the current session.
- ▶ Pilates participants are encouraged to bring a mat which is at least 1/4" thick to protect the spine and prevent injury, however basic fitness mats are available for use at the studio if you do not have your own.
- ▶ Supportive, clean, dry shoes are required for all Club Fit classes other than the Pilates Yoga Combo, which may be done with or without shoes.
- ▶ Classes are open to ages 16 and older
- ▶ Participants are encouraged to bring water and a small towel to all cardio and strength classes.

Winter 2010

Jan. 11 - March 20

Gateway Schedule

Club Fit provides fresh, fun fitness that will change your body and help you be your happiest, fittest self!

Join us for something different - fitness so addictive, and revolutionary you will love doing it, and it will work. Making yourself healthier shouldn't feel like torture - it should feel like an exhilarating challenge. Club Fit is here to support you on your journey to becoming more powerful, centered, confident and healthy. Celebrate yourself and others when you join the party!

Services Available

We offer a full range of fitness and wellness services including personal training, nutrition counseling, and fun fitness for friends, couples, kids, families, retreats and parties. Email us at myclubfit@gmail.com for more information on any of these services!

Contact

To get more information about Club Fit, our classes, additional services or to schedule a consultation please email MyClubFit@gmail.com.





What do you want?

A tighter, toned body...

**and that post-workout
sweaty glow**

Fit Mix

Imagine your whole body getting stronger and tighter, your stomach getting flatter, your posture and balance improving and your energy skyrocketing! That's exactly what you'll get in Fit Mix, and best of all our motivating instructor will adapt the workout for any level – so it's truly perfect for you! In addition cutting edge equipment and techniques will make sure you never get bored, and the results will keep coming! Join us for the mix, and see the results that come from mixing it up!

A fitness challenge that

prepares you to live life

to the fullest everyday

Cardio Sculpt

Cardio sculpt is the best of cardio and toning, so you torch calories through the entire workout, while tightening your body

head to toe! Cardio combined with strength training boosts your metabolism, gives you more energy and will leave your body looking sleek and toned! Join us for a challenging workout, for those who want it all!

A longer, leaner body,

great posture and

a refreshed sprit

Pilates Yoga Combo

Get the best of both worlds with a graceful blend of yoga and Pilates. Yoga and Pilates complement each other beautifully, and this class will help you tone your "favorite" spots, gain flexibility, flatten your abs and breathe your way to a better body. Experience a workout which works and relaxes you at the same time — it's the perfect for the middle of your day!

A better way to do cardio...

**like a party that burns calories
and helps you drop a few pounds**



Zumba & Ballet Sculpt

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ballet Sculpt will work on all your favorite spots like thighs, glutes and abs with easy toning moves anyone can do! The goal is simple: We want you to want to work out, to love working out and to enjoy the party!

Club Fit:

**more confidence and the knowledge
that you are beautiful inside and out**

in every class!

Club Fit Class Pricing

► All punch cards expire after 90 days.

Drop-in	8 classes	16 classes	Unlimited *
\$10	\$56	\$99	\$120

* Unlimited Passes are for the session (nine weeks)

Email MyClubFit@gmail.com

for more information!



Caeli Esser, Owner