



JIM COTTA

Fitness Director

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Fitness
PROGRAMS

PRICING

» **PERSONAL TRAINING**..... 60 min: **\$95**
90 min: **\$120**

(10) 60 min personal training sessions: **\$850**

(10) 90 min personal training sessions: **\$1100**

60 min partner training: **\$120**

90 min partner training: **\$160**

(10) 60 min partner training sessions: **\$1000**

(10) 90 min partner training sessions: **\$1400**

» **FITNESS PROGRAM DESIGN**..... **\$275**
(includes assessment, program, & one session)

» **FITNESS CLASSES**..... **\$20/class**

» **FOOD PLAN**..... **\$275**
(includes a custom 4 week meal plan, measurements, weigh-ins, & check-ins)

* continued: **\$150/month**

[20% discount on food plans for those
currently using personal training packages]

CLASSES

» **CARDIO KICK**
Cardio Kick is a total body workout that combines martial arts techniques with fast-paced cardio, punching, and kicking moves. This high-energy workout will challenge the beginner and elite athlete alike. This class does NOT use boxing gloves or bags. All kicks and punches are thrown in the air.

» **TRX TRAINING**
TRX is a suspension training device that uses body weight exercises to develop strength, balance, flexibility as well as joint and muscular stability.

» **TYE4 PILATES**
TYE4 Pilates is a total body workout that uses a unique wearable resistance/ assistance harness that functions as a Reformer machine. This bungee system can be used on the mat, standing, and even in a chair. Beginners will use the TYE4 to assist the movements, while advanced participants will apply it for resistance. This class consists of TYE4 Mat and Standing Pilates, which will improve body positioning and muscle awareness, strength, stamina and balance. This class will leave you feeling stronger, balanced with better body alignment and posture.

» **TYE4 GOLF FLEXIBILITY**
This class, led by Ashley Benson, is geared to help you recruit and strengthen postural stabilizer muscles by activating a fluid kinetic chain reaction, resulting in improved flexibility and range of motion along with stronger joints and core muscles. Feel better and perform better on the golf course!

» **YOGA THERAPY**
Therapeutic Yoga offers a slow, gentle, and intentional approach to postures. Class begins with a focus on connecting to the breath and transitions into connecting the breath with movement. A Therapeutic Deep Stretch class will reduce aches and pains, prevent injuries, enhance athletic performance, increase flexibility and relieve tension.

** If you have any concerns as to which classes are suitable for you,
please contact Kim Whittaker.*