

# The Fit Club

By Fibro and Fit

Membership fee: \$45

- ❖ Access to a Personal Trainer or Program Leader at a *HUGE* discount
- ❖ *Unlimited* classes offered at Dance Sport Center, provided by **Fibro and Fit**
- ❖ Free Health Goal Review with Natural Health Consultant, Nicole La Clare
- ❖ Access to online informational chats... different topics discussed *weekly*
- ❖ Wellness products ... *And more!*

Current class schedule (January 2010-April 2010) subject to change, call to verify

## Mondays

**12:00-12:30pm** **Fibro and Flex** Café Studio  
**6:00-6:55pm** Cardio Sculpt Main Studio  
**7:30- 8:15pm** *The Werx* Café Studio

## Tuesdays

**8:15-9:15am** Fit For Life Main Studio  
**6:00-6:45pm** **Cardio Kick** Back Studio

## Wednesdays

**12:00-12:30pm** **Fibro and Flex** Café Studio  
**6:00-6:55pm** Cardio Sculpt Main Studio

## Thursdays

**8:15-9:15am** Fit For Life Main Studio  
**6:00-6:45pm** **Cardio Kick** Back Studio  
**7:30- 8:15pm** *The Werx* Café Studio

**Fridays- No group classes** Private Training Studio open from 9am-3pm  
for Fibro and Fit Program \*call to schedule session with Leader

Introducing the *FIRST* personal training studio of its kind! Our **Fibro and Fit** studio is designed especially for those living with Fibromyalgia or other forms of Arthritis. *Ask about the 6 week **Fibro and Fit Program!***

All classes are held at **Dance Sport Center**- 6041 Main - North Branch  
Fibro and Fit 763-528-0123 **Dance Sport Center 651-277-MOVE**

[www.fibroandfit.com](http://www.fibroandfit.com)  
**Fibro and Flex**

Beginner Yoga poses and stretching for those who are new to Yoga techniques, or those living with Fibro or Arthritis related conditions. Nice lunchtime stretch and relaxation!  
*Beginner to intermediate*

### **Cardio Sculpt**

Using stability balls, free weights, movement, and just your own body weight, this class is a fun way to get into shape!  
*Intermediate to advanced*

### *The Werx*

Where exercise meets relaxation! Using 25cm non-weighted balls and Pilates Philosophy, this class is done by candlelight and to relaxation music. The perfect way to end your day!  
*Beginner to intermediate*

### **Cardio Kick**

This high energy class will get your heart pumping with elements of kickboxing and aerobics done to high energy music. This class is a calorie burner and will improve your overall endurance. Are you ready for a challenge? Come feel empowered!  
*Intermediate to advanced*

### **Fit For Life**

This class is a perfect mixture of various types of exercise techniques. By using free weights and different types of stretches, this class offers a new light on exercise for everyone!  
*Beginner to advanced*

**Fibro and Fit**- this is a class designed for those living with Fibromyalgia and Arthritis related conditions. We offer specifically designed exercises, education and relaxation. Certified by the Arthritis Foundation.

\*\*\*this class has a start and an end date\*\*\* call for dates and times\*\*\*

**The Fibro and Fit Program**- This program is personally designed for you by a Program Leader who is certified by the Arthritis Foundation. We discuss topics like fatigue, range of motion, pain management and more. This is a six week program you do alone in a private training studio with your Program Leader. \$45 per session... *Mention this flyer and get 2 free sessions!* (SAVE \$90!)

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