



Fee Based Small Group Training for Fall

Armonk

Effective September 12, 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am	Core Method Open Level Pamela A.			Core Method Open Level Monica G.	Core Method Open Level Monica G.	
9:00am			Cross Training Plus Justin B. <i>*Basketball Court*</i>		Cross Training Plus Justin B. <i>*Basketball Court*</i>	Kinesis Ellen P.
9:30am						Core Method Open Level Pamela A.
9:30am	Kinesis Tom S.			Kinesis Dan N.		Kinesis Nick L.
9:45am	Core Method Advanced Level 75 minutes Pamela A.	Core Method Open Level Monica G.		Core Method Open Level Monica G.	Core Method Advanced Level 75 minutes Monica G.	
3:30pm	TEEN Spin Jamie G.	TEEN Stride/Kinesis Jamie G.	TEEN Cheer/Tumbling Jill P.	TEEN Trampoline Training Jamie G.		THE GYM, Armonk 99 Business Park Drive Armonk NY, 10504 (914) 219-1601 SUB HOTLINE (914) 219-1604 www.GetToTheGym.com Club Hours: Mon - Thurs 5:00am – 10:00pm Friday: 5:00am 9:00pm Saturday: 6:00am 5:00pm Sunday: 7:00am-4:00pm Playroom Hours: Sun - Fri 8:00am -1:30pm Saturday: 7:30am 1:30pm Mon - Fri 3:00pm -7:30pm
4:30pm		TEEN Boot-Camp Dan N.				

All classes are fee based and require advanced registration. Please see the reverse side for details.

CLASS DESCRIPTIONS

Core Method: Integrate the fat burning format of interval training, muscle shaping techniques of isometrics, the elongating principles of dance conditioning and stretching, and the science of physical therapy to create a workout that quickly and safely reshapes your entire body. Core Method invites guests to train in a small class setting where they will be given personal attention for encouragement and correction by fitness professionals.

Participants can only sign-up themselves at the front desk on the day of class; Limit 18 students per class

Basic Level: Open to all levels and no experienced required. This class fuses the elements from classical ballet, yoga, core work and orthopedic stretching to produce the look of long, lean muscles and a strong, flexible, youthful body.

Open Level: Moderately paced class which is open to all beginners..

Advanced Level 75: Experienced guests only. This class will incorporate more thigh, seat and abdominal work. Participants are required to have taken Core Method classes before and be proficient in all of the basic positions.

Prices: Member: 12 sessions=\$180; Non-member: 12 sessions=\$276

Member: 1 session= \$15; Non-member: 1 session= \$28

Kinesis: Kinesis is a 30-minute circuit training class, with hundreds of movement possibilities. The dynamic of constantly changing routines will help you achieve your weight loss goals; build your balance, flexibility or strength.

Participants must sign-up in advance; Limit 8 students per class

Prices: Member: 12 sessions=\$240; Non-member: 12 sessions=\$360

Member: 1 single= \$30; Non-member: 1 session= \$40

CROSS TRAINING PLUS: Non-stop action! Athletic drills, agility movements, boxing, jump rope, aerobics, dumbbells, resistance bands, medicine balls and the BOSU are all in this class. Good luck! **Basketball Court**

Participants must sign-up in advance

Prices: Member: 10 sessions=\$300; 1 session=\$40

TEEN CLASSES:

Prices: \$15 per class;

Participants must sign-up in advance; Limit 4 students per class

**See a Customer Service Representative for Non-Member Pricing*