



Fee Based Small Group Training for Summer

Armonk

Effective July 5, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Core Method Open level Pamela A.				Core Method Open Level Monica G.		
9:00am	Kinesis George D.	Kinesis Justin B.		Kinesis George D.	Kinesis Nick L.	Kinesis Ellen P.	
9:30am		Core Method Open Level Monica G.	Sports Conditioning 90 minutes Justin B.	Core Method Open Level Pamela A	Sports Conditioning 90 minutes Justin B.	Core Method Open Level Pamela A.	
9:30am	Kinesis George D.	Kinesis Justin B.	Kinesis Nick L.	Kinesis George D.		Kinesis Nick L.	
9:45am	Core Method Advanced Level 75 minutes Pamela A.		9:30am Core Method Advanced Level Monica G.		Core Method Advanced Level 75 minutes Monica G.		
10:45am				Core Method Open Level Pamela A.			
		11:30am Contender's Club Rob F.					

THE GYM, Armonk
99 Business Park Drive
Armonk NY, 10504
(914) 219-1601

www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am -10:00pm
Friday 5:00am - 9:00pm
Saturday 6:00am - 5:00pm
Sunday 7:00am - 4:00pm

Playroom Hours:

Sunday - Friday 8:00am - 1:30pm
Saturday 7:30am - 1:30pm
Monday - Friday 3:00pm - 7:30pm

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

THE 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: Experienced guests only. Participants are required to have taken Core Method classes before and be proficient in all basic positions.

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= \$20; 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

Sports Conditioning: 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!

Participants must sign-up in advance

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

Contender's Club: A high energy, total body workout that takes you through a butt kick'n workout...not for the faint of heart.

Participants must sign-up in advance; Limit 10 students per class

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