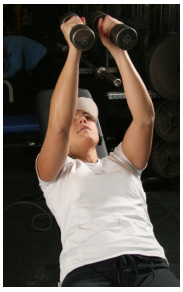
New Year, New You! RIPPED is BACK!

Ladies R.I.P.P.E.D

A 9-Week *Specialty* Class

Resistance
Interval Training
Pilates
Plyometrics
Endurance Training
Drills



THIS IS A FUN, MOTIVATIONAL WAY TO GET LEAN, TONED & STRONG!

UTILIZE EVERYTHING THE GYM HAS TO OFFER

From Pilates & Kickboxing to Nautilus Weight Training & Spinning

- It's never too late to get in shape – Shape up & Lose it Fast!
- Custom-designed, out-of-the-ordinary resistance training, core strengthening and functional movement program
- Progression from basic to complex movements and patterns
- Professional Instruction & Motivation in a group setting

Class Dates: NEXT CLASS BEGINS JANUARY 4, 2012
9 Weeks ~ January 4 – March 21, 2012
Class Days/Times:
Wednesday's 6:30 – 7:30 pm & Friday's 5:30 – 6:30 pm

Members: $59.99
2 sessions/week

Non-Members: $89.99
2 sessions/week

Ladies Total Body Fitness Program

Feel Great, Look Great and Have Fun!
Interval Cardiovascular Conditioning
Tone & Define Your Entire Body
Nautilus Circuit Training
Endurance Training
Stretching to Improve Flexibility
Strengthen & Lengthen Muscles for a Lean Physique

- Class Designed for Maximum Results
- Creative Beginner & Intermediate Level Training
- Professional Instruction & Motivation in a Group Setting
- 9-Week Session, 2 days per week
  Members $59.99, Non-Members $89.99

Strength Training is one of the most important elements of being healthy, fit, staying lean and losing weight! Scientific research has shown that strength training increases metabolism – a key to permanent weight loss – by as much as 15 %.

Strong Women Stay Slim

Next Session Begins
January 4, 2012
9:30 - 10:30 am, Wednesday + Friday

If you're interested in signing up or have questions, please see the front desk or call 924-9010.