



Bootcamp SOUTH AM

MTWTh 5:30-6:30am **or** 6:30-7:30am

January 9 – March 1 (8 weeks)

Challenge your muscle endurance, cardiovascular system, core, stamina and reaction skills. You don't workout like this alone, but you'll forget its work when you have group camaraderie. Warning: attendance can become habitual; participants repeat Registration for continued results! Four days a week, eight weeks of motivation, thirty-two possible sessions, infinite variety, all for one low price. \$219 Members \$269 nonmembers (Ben Waynar)

B-Fit Camp (Women Only) WEST

MTWThF 5:30-6:30am (8 weeks)

January 9- March 2

Begin your fitness or continue it with a combination Of boxing, strength sessions featuring kettlebells, TRX, body weight, resistance bands and more. Alternate two days a week cardio and three strength training and the next week reverse the cycle. Nutrition logs reviewed first, last and mid point. Recipes and habits of effective lifestyle change provided weekly. 5 days/wk, Sorry, no pro-rate available. \$249 members \$299 non members (Jeni Perkins)

Basic Training NORTH

MonTuesThurFri 5:15-6:15am (8 weeks)

January 9 – March 2

No experience required! Simple and basic moves, Adapted for beginner to advanced intensity by zone training. Diverse movement and timed training stations. Split schedule with equal emphasis on legs and upper body on an alternating basis. Stop simply exercising and start training. We'll take care of the plan. Need an attitude adjustment? This session and this trainer are for you! \$219 members \$269 nonmembers (Jason Cornish)

Extreme Interval Bootcamp WEST

MTWTh., January 9-March 1 (8 weeks)

Commit to results! Interval circuits combine cardio with muscle defining moves for changing your shape! Cutting edge training techniques, variety, and motivation will change the shape you're in! One, two, or four times a week, break out of your same-intensity workout and make your muscles pay attention!

Warning: group personal training sessions often lead to weight loss. Designed for full participation; session is progressive.

\$219 members (\$269 nonmembers) all four days

\$179 two days a week, \$99 one day a week

(nonmember: \$219/two days; \$129/one day)

(Jake Belitz)



Bootcamp SOUTH PM

MTWTh 6-7pm, Jan 9-March 1(8 weeks)

Not a morning person? Here's your solution!

Eight weeks, 32 sessions, unlimited variety. The after work sports specific workout solution! Great cross-training opportunity for upcoming spring and summer events or just for resolution solution!

Gain functional and core strength for better performance and fitness!

\$219 Members \$269 nonmembers (John Mongar)

Fit Boxing Sessions North (6 weeks)

Begin week of Jan 9 – Feb 17

Monday, Wednesday 6:45am (Karen)

Monday, Friday 8:45 am (Melissa)

Tuesday, Thursday 9:30am (Emily)

Monday Wednesday 5:30pm (Bo-Yo hour)*

It's short, intense, fun, and unique! Tired of the same old workout? Give your upper body a turn as you challenge your fitness, experience intervals effective in weight loss or maintenance, and improve mental function. Smile while you punch stress goodbye. Reduced lower body impact!

\$99 one day a week, \$179 two days a week.

Nonmembers: \$129/one day and \$219/two days

*Bo-Yo listed elsewhere in the guide

Real Age Reduction! NORTH

Tues & Thu 8-9am, Jan 10-Feb 16 (6 weeks)
Age-Defying strength training and balance-enhancing exercise! Safe and effective exercise technique based on current research to keep you strong, agile, and healthy for the decades ahead! Get fit and learn how to exercise for optimal benefit this winter while the snow blows!
\$149 members \$199 nonmbrs \$99/one day wk
LIMITED to SIX: Seniors #1 priority is strength!
(Stephanie Miller)



Boomer Camp! NORTH

Mon, Wed 5:30-6:30pm, Jan 9 - Feb 15 (6 weeks)
Your body is aging but your head doesn't know it. You want the intensity it takes to feel fit and remove Unwanted weight and stress but you don't want the Impact? Welcome to boomer camp! It's bootcamp catering to knees, shoulders and hip safety and Strength in surrounding muscles ...all the while Providing A heart rate-raising, glow-inducing two days a week stamina, strength, agility and power enhancement!
\$149 members \$199 nonmembers
(one day a week: \$99 members- if you guarantee You're exercising on your own in addition!)
(Stephanie Miller)

Men's Strength SOUTH

Mon, Wed, Fri 6-7:00am, Jan 9 -Mar 2
Three days, three trainers, three rotating formats. Gain strength, accountability, and expert advice times three. This men's-only option is limited to 10 participants for a focused split routine. Get it done; get it done right. Lose fat, gain lean and create habits that last.
\$249 members, \$299 nonmembers
(Jake Belitz, Nate Kraus, Ben Waynar)

The Ultimate Assessment By appt. (75 mins)

A thorough and comprehensive assessment evaluates how effective your program is and tracks your progress over time. Use it to set goals any time or determine where to begin whether you exercise alone or with a trainer. Appropriate for any age adult, the assessment components are selected on individual basis. Assessments include but are not limited to: postural, movement screen, cardiovascular, muscular, flexibility, gait and balance assessments. Receive a copy of results, interpretation, assistance with goal setting, and suggestions for exercises.
\$49 Members \$59 Non-Members (\$75 value)

Triathlon & Multisport Group (varied)

Sunday 12-2pm, Jan 8-March 25 NEW!
Off-season training begins! Three Months of pre-season training. Weekly programs based on heart rate zones, 2012 goals, and adjusted for your athletic and schedule needs. Focused group workouts (run/swim/bike) develop specific multisport skills. Base building cycles. Not a triathlete? Join us for cross training and you'll catch the 'bug'!
Three convenient monthly payments of \$99 or pay once and save. (\$250) *Bonus attendance (valued at \$99!) at one strength training session specific to tri needs included (Specify MTWorTh 6pm South location). (John Mongar)



BO-YO Camp North*

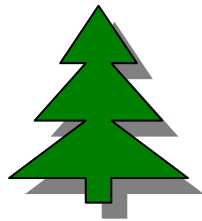
Mon, Wed 5:30-6:30 pm, Jan 9 -Feb 15
Combine the intensity of **boxing** "rounds" and with soothing **yoga** stretches. Give your upper body a turn in this fun, fast-thinking session. Combos of punches, shuffles and kicks will keep you focused and flex your memory & concentration while you develop toned arms, abs, and shoulders. Finish with shoulder-opening yoga poses to realign and relax. Two boxing-specific days a week, plus core strength and yoga alternate days. HR Monitors available.
\$179 members, \$219 nonmembers

ABCs of YOGA WEST

Sundays 4-5:00pm, Jan 8, 15, 22, 29
Alignment, Benefits, and Contraindications of poses. Breakdown the entry, exit and position of each pose as it's introduced in class. A flowing yoga practice follows the intro of new Postures. Blended variety of hatha yoga. Primarily Yoga practice with emphasis on learning and mastering modifications for your body's optimal benefit. A Month of Sundays. Enjoy this large, mirrored studio full of light. (Deb Atkinson, 200 hour RYT) (\$69 members, \$75 nonmembers)

BOXING Club Bootcamp WEST

MTWTh 4:30-5:20pm
Four days a week take it to the ring! Heavy bag Punching rounds two days a week alternate with lower body emphasis in boxer/athletic format two days a week. Core, cardio, and ultimate conditioning to reach your goals. Track progress from start to end with your pre and post assessment. Gloves and wraps required. Experience is not. \$219 members, student special \$199 (ID) \$269 nonmembers,
Two days a week: \$179 (mbrs/student) \$219 non



Boxer's Workout WEST

Saturday 10-11:30am Jan 14 -March 7 (8 weeks)
Warm up, 10 boxing rounds, integrated with jump Rope, core conditioning and foot work for an Explosive interval training workout that adds variety and intensity to your workout routine. (Two additional cardiovascular workouts weekly recommended; not recommended if you have shoulder issues). Gloves and wraps required. (\$109 members, \$139 nonmembers)

Secrets of SLIM:

Realistic Changes that Make a Real Difference (and Why They Matter) NORTH

Tuesdays 6:30-7:30pm, Jan 10, 17, 24, 31
Knowing what to do is easy, *making changes* is hard. Identify ways to make the process of behavior change easier. Included in this four week session: the eating environment; Menu Monopoly- eating out is not out of the question; metabolism modification – get the most out of your meals and snacks and exercise with eating strategies; action plan for weekly goal setting and review. If you're looking not just to lose weight, but to eat better and have more energy and better health, this is for you.
\$69 members, \$89 nonmembers
(Melissa Anker, BS Dietetics; Deb Atkinson)

ARFC 2012 Fitness Seminar Series

The Science of Slim
Waterworks: Plan Effective Swim Workouts
Master Your Metabolism
You and Osteoporosis
Golf Better: Off-Season Conditioning
Desk Jockey Survival
How to Tri: triathlon training for 1st timers!
Your Daily Diet: Real Meal Makeovers
Back Care You Need for the Core You Want
Five Foam Roller Uses You Need to Know
Mental Health with Physical Activity Rx

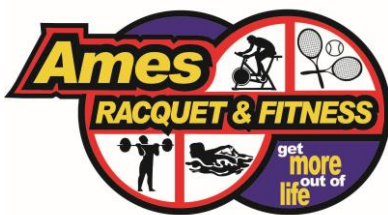
Complimentary "knowledge is power" fitness series is open to ARFC members and guests. Look for early 2012 seminar dates and times to be posted soon.

If your worksite, corporation, or organization is interested in any of the topics contact us at 515.663.9921 to make arrangements.

To Register:

1. Call 515.663.9921 or email PTDirector@amesracfit.com to reach the Personal Training Director if you have any questions before registering.
2. Stop at any front desk to fill out your registration form at your convenience (and gift certificate if you'd like one!)
3. December 11, 2011 workshops will be available for registration online at www.amesracfit.com and the mindbodyonline link. Log on with your username and password (create one on your first visit) and you can purchase any of these online.

Questions? Call! 515.663.9921



The HOLIDAY GIFT GIVING GUIDE



The giving season is here. Give yourself and your friends & family the best *All Year* by getting involved in regular exercise! Personal training can help you enjoy longevity, better sports performance or weight loss support to reach your potential. The goals, the exercise and the format are all custom-fit to the individual client.

Private and partner personal training as well as group registration gift certificates are available in any denomination or in specific session packages. If you're not receiving our e-letter, contact PTdirector@amesracfit.com to find out first about specials, new sessions and receive fitness and nutrition tips.

Included in this *Activity Giving Guide* you'll find Group Training sessions beginning in January-just in time for a New Year of Health! There's something for everyone! *Men's Strength, Boxer's Workout, ABCs of Yoga, Science of Slim, and Triathlon/Multisport Training* are new!

For help choosing something for yourself or as a gift, please contact Deb at 663-9921 or PTdirector@amesracfit.com

Registration can be taken care of for you by phone or at the front desk.

Happy, Healthy Holidays!

