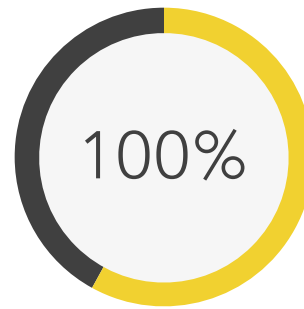


FUNCTIONAL

FITNESS

PROGRAMS



*Don't wish  
for it, work  
for it!*

## GYMSTICK OR POUNDFIT

Gymstick and Pound Fit are strength training programs that utilizes the "Gymstick" or weighted rip-sticks for strengthening, toning and conditioning the upper and lower body. Classes can be 1/2 hour, 45-minutes or an hour in length.

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## POWER PILATES

Power Pilates is based on the principles of Stott Pilates and stability ball training. With the use of the "Exer-ball", the program offers conditioning for the abdominals and back. Benefits include strong toned abs, better posture and healthy backs. Classes can be 1/2 hour, 45-minutes or an hour in length.