

ATTENTION LOYALTY PASS, MONTHLY MEMBERSHIP AND PUNCH CARD MEMBERS

Take full advantage of your Loyalty Pass, Monthly Membership, or Punch Card by taking our NEW class schedule and turning it into a personalized training program based on your individual goals!

Each of the classes of the new class schedule has been labeled with an **A**, **B**, or **C**. If you are looking to focus on resistance training and building strength then you will be focusing on the classes labeled with an **A**. If you are looking for classes that include both strength and cardiovascular exercises then you will want to pay attention to classes labeled with a **B**. If you are looking to increase your cardiovascular endurance with classes that get your heart pumping then you will be interested in classes labeled with **C**.

A: Classes labeled with an **A** will be focused almost entirely on building strength with little to no cardiovascular exercises. An exercise program focused on Strength training helps you:

- ✓ Develop strong bones decreasing your risk of osteoporosis
- ✓ Control your weight by burning calories more efficiently
- ✓ Increase your stamina by decreasing fatigue
- ✓ Manage chronic pain by reducing the symptoms of back pain, arthritis, obesity, heart disease and diabetes

B: Want an All In One workout?? Classes labeled with **B** are a one stop shop that include both cardio and strength training. These classes include all the benefits of A and C and will focus on both cardiovascular and strength training.

C: Classes labeled with a **C** will be focused on building your cardiovascular endurance with little to no resistance training. High energy exercises will increase your heart rate and melt away fat! Benefits of cardiovascular training include:

- ✓ Improve heart health by getting it pumping and increasing your heart rate on a regular basis
- ✓ Increase metabolism - the more intense the session the more you will increase your metabolic rate
- ✓ Keep excess pounds at bay
- ✓ Ward off viral illnesses. We can all use the extra help this season!!

*******YOU WANT TO KNOW WHAT ELSE???**

All of us here at PNF want you to know that we *appreciate* your loyalty to our group exercise program. We see you come in day in and day out and we look forward to seeing you all when you come in. As a way for us to say **THANK YOU** we will be offering a free monthly body composition (Body fat% and measurements) to our monthly membership and annual loyalty pass customers. Let's put together your personalized group fitness class program based on your goals and track your progress on a monthly basis!!