

# MEMBER NOTICE!!!

Feb 2009

We've added some great new classes to our schedule beginning Feb.1, 2009! Try a Thursday night kettlebell class instead of your regular workout routine or challenge your flexibility and base strength with our Open Mat Pilates class!

## NOTE for Kettlebell Classes:

### (1) MORE KETTLEBELLS!!!!

Due to the overwhelming response of our Saturday morning kettlebell class, we added a second class on Thursday nights @ 6:15pm! We hope those who have wanted to try kettlebells, but had conflicting schedules, will now be able to swing away with the best of them on Thursday's nights.

### (2) CHALLENGE YOURSELF!!!

We also created a Level 2 class that would be more challenging for you 'kettlebellians', in both bell technique as well as overall body fitness/conditioning. For those students looking to take their kettlebell workouts to "the next level", with a more intense class, our instructors will be happy to work with you to make sure it is the right class for you based on your current kettlebell technique and overall fitness. Ask an instructor if this class is right for you.

## KETTLEBELLS: Level 1 & 2



**Level 1:** Thurs@6:15pm-7:00pm  
Sat@10:00am-10:45am

**Level 2:** Sat@11:00am-11:45am

The best way to get a lean, sexy and a well defined physique is with a proven combination of strength training and cardio. And kettlebells are the perfect way to get there! Developed in Eastern Europe, kettlebells are designed to increase both cardiovascular endurance and muscular strength quickly. And that's why we use them! In 45 minutes, you will be challenged to increase your endurance as well as your overall strength using kettlebells. They may look odd, but your results will be spectacular!

**Level 1:** Class will have straight sets, circuits, and some supersets and focus on proficiency & technique in movements, hand positioning.

**Level 2: MUST BE APPROVED BY THE INSTRUCTOR BEFORE TAKING THIS CLASS!** Level 2 class will build on Level 1 by challenging students to a greater degree with new movements, variations of the previous, double supersets (doing two sets in a row without resting), and giant sets with little to no rest between exercises.

**We recommend that you bring your own kettlebells if you have them.  
No bells? Get them from TPS and members save 10% !!**



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## OPEN MAT PILATES

Tues@6:15pm-7:00pm(Starts 2/10/09)

Sat@8:00am-9:00am

The Open Mat Pilates Class is designed for everyone! We'll teach you the fundamentals of the Pilates mat techniques focusing on strengthening and stretching core muscles, upper and lower body conditioning, different breathing techniques and integrations of other body-mind techniques. Students usually work at their own level and capacity.

## DONT FORGET SOME OF OUR OTHER GREAT CLASSES!

Feeling stressed? Try Sport Yoga!

Want Personal Training but can't afford it? Try our Boot Camp Fitness Series!



## SPORT YOGA

Sat@9:00am-10:00am

Yoga can be an important part to any training and sport program. Yoga develops strength, flexibility, endurance and mental clarity that are important for athletes to become successful, yet many shy away because of the philosophical connotations.

Sport yoga is the solution. Sport Yoga focuses on the athleticism, fitness and stretching aspects and can be incorporated into any training program for athletes, regardless of sports. Perfect for before or after your training.



## 2009 TPS Boot Camp Fitness Series

Join other recruits for an 8-week, intensive training program that will have you ship shape in no time! Campers will receive **2 training sessions a week**, with their very own personal trainer and access to **7 of our top fat blasting fitness classes each week**, like Butts & Gutts and Russian kettlebells, to **turn flab into fab quickly** and maximize your battle plan!

**PERFECT** for brides, and her party, who are looking to get into tip top wedding shape - **FAST!**  
**REQUIRED** for those 'little black dress' parties and **A MUST** for winter vacations on the beach! See gym for details.

**8 Weeks, \$350\***. Tuesday & Thursdays: @ 4:30pm or 7:00pm

**Next Sessions: March 3 - April 23 or May 5 - June 25**

\* Prices subject to change without notice. Requires a minimum of 5 people registered. See gym for more details.