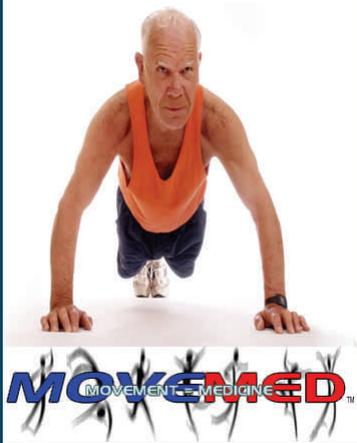




PROGRAM	DESCRIPTION
 <p><i>Personal Best!</i></p>	<p>This fitness and performance coaching program is designed to meet your special health and fitness needs and apply proven action plans that will assist you in your quest for optimum performance. These One-on-One programs are focused and flexible. Your practice will employ proven performance strategies that have been enhanced through 15-years of coaching experience, from the professional athlete to grandmothers alike.</p>
	<p>*ADVENTUREFIT coaching plans will get you ready for whatever amazing experience awaits you! During this 6-week commitment you will train and integrate all 10 Physical Skills including: <b>cardiorespiratory endurance, stability, strength, flexibility, speed, power, balance, accuracy, agility, and coordination.</b> Your program may also include the carefully selected ADVENTUREGEAR-PAK including: Dynamax 4lb soft med ball, Bosu, and SKLZ Suspension Straps. Each piece of this gear-pak was selected for its versatility of exercises, effectiveness and ready-to-use features.</p>  <p>Whether your adventure is a hike through suburbia or scaling a rock wall, ADVENTUREFIT will make sure that you can do it more confidently and strong.</p>
	<p><b>Movement is Medicine!</b> If you're over age 50, your body has been through a lot, and muscles and joints will tighten, range-of-motion (ROM) will decrease, along with strength, stability, balance, flexibility, and agility. To turn-around the natural degradation of the body, your body needs to move; exactly what you are not motivated to do while things hurt.</p> <p>MOVEMED is the safe and effective way to regain and increase your fitness and offset some of the negative affects of aging. Once completing our Healthy Factors posture and fitness assessment, you will begin making progress, at your current ability level, towards greater health, fitness and autonomy.</p> <p>The MOVEMED personal coaching program will take your body through your greatest current ROM at each joint following our FLOW® Exercise System. The FLOW® System will effectively increase your total fitness while decreasing pain and discomfort that are caused from inactivity, poor posture, poor form of exercise, and/or other incorrect body-position habits.</p>

Practice Frequency (PERSONAL BEST! & MOVEMED®)	Investment (requires 3-mos commitment)
1x Per Week/3-mos/12-total practices	\$1500
2x Per Week/3-mos/24-total practices	\$2760
3x Per Week/3-mos/36-total practices	\$3780
Per Practice	\$135
*ADVENTUREFIT™ SCHEDULE 2 or 3 Practices per week/6-weeks	\$1500/\$2250 (with ADVENTUREGEAR +\$390)
All Progressive Fitness Coaching personal programs include an initial individual nutrition guidance plan.	
Platinum Coaching Plan is an annual rate offering a 10% discount	

*It's all about YOU!*



**Will it be hard? *Yes, but not impossible.***

**Can I keep up? *Yes. Everyone makes tremendous progress!***

**M, W & F AT SOMERSET LAKE**

**6AM OR 9:15AM**

YOU CAN REGISTER FOR 1, 2 OR 3-DAYS PER WEEK!

*"I've never felt stronger, healthier or more empowered in my life!"*

-Jill Royston, DE

[Pro-fitcoach.com/basictraining.html](http://Pro-fitcoach.com/basictraining.html)

***Are you going to keep making excuses or are you gonna make progress?***



It's to just put on the sneakers and run, right?  
Not if you want to do it without pain, injury, decreased fatigued and increased performance.

The RUN BETTER program begins with an on-the-track evaluation, complete with video analysis of your posture and gait (there is no more effective way to improve than through video). From there our focus will be on adjusting your run practice so that pain, injury, and tired legs are no longer an issue, and increasing performance is! During your 5th practice we will re-evaluate to determine progress.

***5-practices—\$650.00***

**Use it!**



**or**



**Lose it!**

**BRILLIANT ROM** is a group fitness program for the plus 55 ages only. **BRILLIANT** because it's smart to increase your mobility and fitness as we age, and improving your capability to move more is brilliant! ROM (range-of-motion) is not only paramount to reducing the harmful affects of inactivity or activity avoidance, but also the key to increasing your total fitness and independence.

**BRILLIANT ROM** is not for "old people." This program is for individuals that enjoy challenging themselves to become better. **BRILLIANT ROM** will provide a supportive group atmosphere for growth. **BRILLIANT ROM** is for you if you are at least age 55, want more guidance in exercises that will improve your overall fitness, and you like to engage with others.

Right now practice sessions are being offered in Somerset Lake on Wednesday and Friday mornings at 11:30AM. Each small group practice session will be approximately 45-minutes. To provide the best instruction, practices are limited to 10 participants each.



**COMMIT • ACHIEVE • EXCEL**

