



THEPERFORMANCEFIX

## Quick Information Sheet

### WHO WE ARE

Fitness is not a one size fits all; we all have different goals, injury histories and levels of experience in the gym. With that in mind, The Performance Fix designs an **individual** program design for **each** member based on what your fitness goals are. The low client to coach ratio makes it small enough that the “personal” in “personal training” is not lost and workouts are designed so that our clients work together making “getting stronger” more fun.

### CLASSES AND RATES

#### Small Group Personal Training – 50 min Class

#### Afternoon Delight – 40 min

Monthly Unlimited (Afternoon Delight Class Included - **\$275 (plus tax)**)

Unlimited Classes - **\$105 (plus tax)**

8 Monthly Classes - **\$240 (plus tax)**

Seniors (62+), Military, Law Enforcement, Fire, EMT, Military **\$185 (plus tax)**

### SCHEDULE

#### MONDAY, WEDNESDAY & THURSDAY

##### Small Group Personal Training

6:30AM (no Thursday class)

7:30AM

8:30AM

4:30PM

5:30PM

##### Afternoon Delight

12:30PM

#### TUESDAY

##### Small Group Personal Training

No Early Morning Classes

4:30PM

5:30PM

##### Afternoon Delight

12:30PM

#### FRIDAY

##### Small Group Personal Training

6:30AM

7:30AM

8:30AM

##### Afternoon Delight

12:30PM

No Evening Classes

#### SATURDAY

##### Small Group Personal Training

9:00AM

##### Afternoon Delight

No Class



BUMP fit is labor preparation! We will focus on three areas that will specifically prepare a mom physically and mentally for the challenges of natural child birth:

- **Belly Training:** designed to bring awareness and strengthen the entire core area including the diaphragm, the pelvic girdle and the transverse abdominis muscle (TVA).
- **Strength Training and Corrective Exercises:** programmed to keep you strong and balanced in preparation for the physical demands of having a child and life after.
- **Labor Training:** a “sports specific” training method emulating contraction and rest intervals preparing you for the physiological and mental-emotional challenges of the actual labor.