

# NEWS AND INFORMATION

## Club One Fitness

March, 2013



### Customize Your Workout!



Personal trainer, Na'eem Leonard, assisting client, Diane Ayers with a strength exercise.

Are you looking to have someone create a workout specific to YOUR needs and goals...unlike magazine articles that provide a generic workout to all of its readers? Do you want to challenge your existing workout and take it to the next level? Are you ready

for a change and looking to incorporate different things like kettlebells, stability balls, and body bars into your routine?

We are offering special pricing on an introductory personal training package for NEW clients only. The intro package includes a fitness assessment (to create a baseline), and 3 one-on-one personal training sessions for \$99! This is a great time of year to change your workout program to get ready for beach wear and summer vacations...so sign up at the front desk today! We are making personal training affordable for everyone.

### The New You New Body Transformation Challenge

is in full swing!!! This weight loss challenge has yielded outstanding results going into the halfway point. The challengers have lost a combined 70 pounds in just 2 weeks!! From the lectures at Whole Foods Market, the healthy shopping demos at Wegman's grocery store, and regular food journals, to the calorie incinerating workouts. Our challengers engage in the methods that produce results on the scale and an opportunity to transform their bodies, inside and out! Next session will start April 7th!

### February boxing show is a huge success for Team Club One!!!



February 9th was a fantastic night for the Club One Fitness Amateur Boxing Team! As you can see in the picture to the left, Club One Fitness member, **Tyler Kelly's** hand is raised as he wins his first bout after months of intense training. Congratulations to **Anjelo Roces, Lemar Pierce, Bobby Breslin, Rob Koslofsky, Alex Gonzales, Austin Wolfrey, Hunter Carter, Andre Harris Jr., and Tyler Kelly.** We would also like to congratulate 7 year old, **Tommy Coe,** for a fantastic mitt demonstration!

#### Bootcamp Update

Bootcamp is wrapping up another successful session. This time, Willie added slam-balls, pull-up and dip bars to keep things new and interesting for his group. **Mary Moore** lost 35 pounds in the past two sessions. **Kenya and Kevin Robertson** lost a combined 40 pounds in one session. Sign up for the next session at the front desk!

#### Upcoming Events:

**March 3rd:** Free orientation session for Women's Self-Defense with Willie and Na'eem at 11:30am

**March 5th:** Master Trainer, Willie Baker's, next session of Fitness Bootcamp

**March 17th:** Na'eem's next session of SAC begins (offered on Wednesday and Sunday).

**March 30th:** Amateur Boxing Show here at Club One Fitness