

## WORKOUTS FOR MIND, BODY, AND SPIRIT

### ■ 12 WEEK WELLNESS WORKSHOP (WW)

True wellness is the interconnectedness of DAILY exercises for your mind, body and spirit. This 12 week class EMPOWERS, educates, motivates and holds you accountable to reach and maintain wellness goals. It will include a trip to the grocery store, weekly recipes, food to taste, weekly weigh in's, and behavior goals for nutrition, exercise, solitude and financial wellness. I highly encourage all clients to attend this class. Since nutrition is over 70% of the way you look, feel and perform and mental nutrition is key to transforming old behaviors into new, this class is for you if you are not at your highest and best. It will transform your life inside and out!

### ■ FUNCTIONAL FUN FULL BODY WORKOUTS (FF)

Hit every muscle group plus core (Super sets, Tabata, Cross-fit, circuit training, cardio-strength, body pump, body weight, plyometrics and more). No two workouts are the same. They are designed to be safe and fun for anyone regardless of age, fitness level or medical concern.

*We will add another time slot every 8 new clients. Our goal is to offer 40 hours per week between workouts, specialty programs and yoga classes!*

### ■ POWER VINYASA YOGA (Y)

Powerful, energetic form of yoga while students fluidly move from one pose to the next while connecting their breath to the movements. Some of the benefits include: Flexibility, balance, strength, aerobic / anaerobic endurance, posture, detoxification, stress reduction, sports performance, mental focus & more.

### ■ SPORT SPECIFIC TRAINING (SS)

Workouts for athletes wanting to take their performance to its highest and best. Workouts include agility, speed, endurance, strength, power, core and flexibility. Athletes will be educated on nutrition before, during and after workouts and competition.

### ■ CORPORATE WELLNESS

A healthy and happy employee saves money by decreasing health insurance premiums and by increasing productivity.

*Call 502.797.2970 to schedule a LUNCH+LEARN to discuss benefits and corporate discount.*

## SCHEDULE

| <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> | <u>Sat</u> |
|------------|-------------|------------|--------------|------------|------------|
| 9:30 FF    | 5:30 FF     | Noon FF    | 5:30 FF      | 9:30 FF    | 8:00 FF    |
| 4:30 SS    | 4:30 SS     | 4:30 SS    | 4:30 SS      |            |            |
| 5:30 FF    | 5:40 Y      | 5:30 FF    | 5:40 Y       |            |            |
|            | 6:30 FF     | 6:30 WW*   | 6:30 FF      |            |            |

Valid as of Dec 10, 2017  
 \*WW starts January 10th



Like us on Facebook! We provide words of wisdom, testimonies, recipes and more each weekday to keep you on track. We also use Facebook to keep you informed about class changes due to inclement weather, vacation or unforeseen emergencies.

# COMMITTED TO EXCELLENCE



## Shelly Sorg MEd., CSCS

Owner of Transformation Training

Shelly has a degree in Exercise Science and Mastered in Health Promotions. She has been a Certified Strength and Conditioning Specialist for 20 years.

Shelly has trained over 7000 clients and athletes, ranging from people with special limitations to professional players. She believes true wellness is the inter-connectedness of daily exercise for the mind, body and spirit. Shelly is passionate about transforming lives inside and out!



## Jay Sorg 502-727-0930

Owner of Jay Sorg Baseball Academy

Jay spent 12 years in the Cincinnati Reds organization as both a minor-league player and coach. Parts of five of those seasons were here locally with the Louisville Bats. He has coached some of the best players in the game including two Major-League MVP's. Jay also served as the Head coach of his alma mater, Morehead State University. During his tenure the Eagles improved over ninety spots in the RPI rankings and were repeatedly ranked in the country's top 10 schools for multiple team statistics. Jay is dedicated to teaching the fundamentals and helping athletes reach their highest potential.

## SERVICES AND PRICING

shelly sorg's  
transformation  
training



- Monthly ACH (min. 3 month commitment)  
*It takes at least 3 months to transform old habits into new and to see significant results!*  
Free Fitness Evaluation/Consultation with 3 month commitment  
\$150 unlimited - or -  
\$80 1 hour per week
- Month to Month - \$175
- Session to Session - \$25
- Family Plan - \$150 +  
\$100 second person  
\$75 third person  
\$325 family max  
(Must be 18 or less living in same household)
- 90 Day Evaluation / Consultation \$100

- GROUPS OF 4 (60 MIN)  
\$30 per lesson (pre-pay first of month)  
\$35 per lesson (pay at session)
- GROUPS OF 2 (30 MIN)  
\$30 per lesson (pre-pay first of month)  
\$35 per lesson (pay at session)
- PRIVATE LESSONS  
\$50 for 30 minutes
  - 24 hour cancellation policy is necessary to not be charged double at next session.
  - Pre-pays will be responsible for finding own sub.
  - If you miss a lesson, you or a family member can utilize a Transformation Training workout.
  - Annual Tuition Pre-Paid \$1200 (44 group lessons 1 per week) (\$120 Savings) plus 8 sport specific training sessions FREE = \$200 Value

## OTHER SERVICES

### ■ SPECIALTY TRAINING PROGRAMS

|                                 |       |
|---------------------------------|-------|
| 12 Week Wellness Workshop ..... | \$300 |
| Mini Marathon Training .....    | \$300 |
| Triathlon Training .....        | \$250 |
| Crossfit Competition .....      | \$200 |
| Individual Training .....       | \$75  |

### ■ OTHER PROGRAMS

- Holiday Camps
- Sport Specific Training
- Room Rentals
- Hot Yoga (coming soon)
- Kids Fitness
- Healthy Snacks