

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 Wellness Workshop EMPOWERS, educates, motivates and holds you accountable to reach and maintain goals. Your goal will be to prioritize YOU in a busy lifestyle so your time and money spent matches your value system (Faith, Family, Fitness, Finances/Fun). It will include a trip to the grocery store, recipes, food to taste, functional FUN workouts, weekly weigh-ins and behavior goals for exercise, nutrition, spiritual and financial wellness. Since nutrition is over 70% of the way you look, feel and perform, mental nutrition is the key to transforming old behaviors into new and spiritual health is needed to maintain goals on earth until eternity, I highly encourage everyone to attend this workshop. It will TRANSFORM your life inside and out!

(Includes 1 workout weekly for \$200 monthly or unlimited training for \$250 monthly for 3 months. You will save that much money per month from cutting back on eating out as often and on other unhealthy habits. \$100 for pretest/post test consultation and manual upfront as your commitment to prioritizing yourself the next 90 Days to leave a healthy family legacy).

■ 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.

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	8:15 FF	5:30 FF	9:30 FF	8:00 FF
10:30 WW	4:30 SS	Noon FF	4:30 SS	4:30 SS/FF	
4:30 SS	5:30 Y	4:30 SS	5:30 Y		
5:30 FF	6:30 FF	5:30 FF	6:30 FF		
6:30 WW					

Valid as of January 2019



Like us on Facebook and check in when you visit! 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.



We are committed to helping you reach your HIGHEST and BEST!

JAY SORG is dedicated to teaching the fundamentals and helping athletes reach their highest potential. Jay spent 12 years in the Cincinnati Reds organization as both a minor-league player and coach, including time at our Louisville Bats. He has coached some of the best players in the game, including two Major-League MVP's. He 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.

SHELLY SORG (MEd., CSCS) is passionate about transforming lives inside and out! She has a degree in exercise science and mastered in health promotions. In her 25 years as a certified strength and conditioning specialist, Shelly has trained over 10,000 clients and athletes, ranging from people with special limitations to professional players.



Fun, Functional and Sport Specific Workouts and Yoga.

Baseball or Softball Lessons

1 Year Commitment

- 1 person \$150/month
- 2 persons \$250/month
- 3 persons \$325/month
- 4 persons \$350/month
- **Save up to \$600!****

3 Month Commitment

- 1 person \$175/month
- 2 persons \$275/month
- 3 persons \$350/month
- 4 persons \$375/month

Annual Commitment \$1500

- One group lesson/week, 48 weeks/year
- 8 Sport Specific Workouts
- Substitute a workout or yoga for missed lessons
- ****\$300 savings!****

Private Lessons

\$50 for 30 minutes

Group of 4 (60 minutes)

(price per person, per lesson)
 \$30 pre-paid on first of month
 \$40 paid at session

Group of 2 (30 minutes)

(price per person, per lesson)
 \$25 pre-paid on first of month
 \$30 paid at session

Month to Month

- 1 person \$200/month
- 2 persons \$300/month
- 3 persons \$375/month
- 4 persons \$400/month

Al la Carte

- 4 Sessions/Month \$100
- Single Sessions \$30
- 90 Day Eval/Fitness Consult \$100
- Private Training \$100
- includes 1 group workout/week*

- Save up to \$600 and lock in prices with annual commitment! Annual membership can be sold, transferred or gifted if needed.
- Get a discount on Sport Specific Training when you pre-pay for baseball or softball lessons.
- Family is defined as two adults plus members under age 18 and living in the same household. Number of family members on your plan can be adjusted after 3 months.
- 48 hour notice is required for cancellation for lessons if you pay by session, limited to one cancellation per month. Pre-pays will be responsible for finding own sub. If prepay miss a lesson, you or family member can utilize a workout or yoga (\$30 value).
- Memberships can only be cancelled if you move more than 45 miles away or for long term hospitalization.

Change doesn't happen over night. It takes at least three months to transform old habits into new and to see significant results. Make a commitment TODAY that will help you make and achieve annual goals for your mind, body, spirit and finances!