

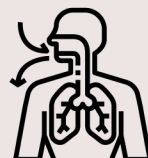


THE CLUB AT HARPER'S POINT

NEW YEAR'S FITNESS PROGRAM

Includes:

- INDIVIDUAL FITNESS & PERFORMANCE ASSESMENT
- 2 SMALL GROUP TRAINING SESSIONS /WEEK
- 2 INDIVIDUAL TRAINING SESSIONS /MONTH
- INTRO. TO **MUSCLE ACTIVATION TECHNIQUES** SESSION
- EMBODIED YOGA/WELLNESS COACHING INTRO SESSIONS
- **EXCLUSIVE FITNESS SEMINARS** ON PERTINANT TOPICS
- ACCOUNTABILITY TOWARD REACHING YOUR GOALS
- **POST PROGRAM TRAINING SPECIALS**



Improve
Respiratory
function with
access to the
NTELBELT

Monthly Cost

Member:
\$149
Non-Member:
\$249

KICK OFF PARTY

Monday
January 2nd

Get a chance to meet
the **Trainers** you will be
working with!

Meet up with other **Men**
and Women from your
tennis leagues!

Get an **Outline** for your
month of training!

Update and **Upgrade**
your fitness routine!

A Few Familiar Faces:



Aaron Lakanen

MAT Practitioner/ Personal
Trainer



Willie Ehling

T3 Tennis Instructor/Personal
Trainer



Pattie Mikita

Group Exercise/Spin/Personal
Trainer

**Sign up Today in the Fitness
Center**

Spots are **Limited!**

How do you use your NRG?

NRG FITNESS & PERFORMANCE

