

LOSE IT

10 Week Transformation



An individualized
10 week program
to help you lose
weight, lose inches,
lose excuses...and
gain a new you!

Mind/Body Guidance



Nutrition



Personal Training

LOSE IT

Lose weight, lose inches, lose bad habits, lose excuses...gain a new you!

10 Week Transformation Program January 8 - March 17

**Registration opens December 11.*

**Early bird registration before Dec. 25 receives a 10% off Personal Training coupon to purchase additional sessions if you choose to do so.*

An individualized program combining nutrition, personal training and mind/body guidance over the course of 10 weeks to empower you to get fit and lean!

Member: \$120 | Non-Member: \$165

Register at the reception desk by Jan. 14

Non-members can purchase a temporary membership for the duration of this program for \$125 (50% savings).

Week 1 InBody Analysis

Meet 1-on-1 with a trainer to track your starting point, including measurements & goal setting.

Week 2 Nutrition

Meet 1-on-1 with Sports Core's Registered Dietitian, Brittany Vollmer, to cover easy to follow recommendations to improve your current nutrition.

Week 3 Cardio

Meet 1-on-1 with a Personal Trainer to create a metabolism burning program right for you!

Week 4 Strength

Meet 1-on-1 with a Personal Trainer to create or tweak your perfect strength training program.

Week 5 Flexibility

Meet 1-on-1 with Massage Therapist and Personal Trainer Jessica Vervaeck for a muscle manipulation session.

Weeks 6-9 Choose Workshops & Presentations *AM and PM options

SMART Goal Workshop- Measure and get results! S.M.A.R.T. is an acronym for the 5 steps of specific, measurable, achievable, relevant and time-based goals. SMART is a simple tool used in making changes.

Desk Pilates- Reduce stress, improve posture and gain strength & flexibility in those overstressed, overused areas.

Woodlake Market Grocery Store Tour- Discuss healthy shopping, alternative food choices, deceptive labeling and misleading advertising. Receive tips for healthy grocery lists and shopping.

"Workout Smarter NOT Harder"- Make your workout "work" for you. High intensity isn't always better. Sometimes the best exercise is at a slow and steady pace.

Finding the Motivation Within- Reignite the fire you had when you first started your fitness programming. Create new habits and stay dedicated to achieving your goals.

Creating a Healthy Lifestyle- Learn what it means to achieve balance and health in this fast-paced world. Learn simple rules to follow when making decisions for the health of yourself and your family.

Healthy Back- Optimize back strength, stability and range of movement to improve posture and alignment while reducing tension and discomfort.

Body Rolling- Create core strength, flexibility and realignment using a foam roller and a small inflatable ball.

Stretch Out with Straps- Deep, gradual stretching of major muscle groups with greater safety, control & effectiveness than unaided stretching.

Week 10- Results Analysis

Meet with a trainer to perform final InBody analysis, evaluate results and goals and establish your next steps for continued success!

*No cancellations after January 5.