



Schedule of Semi Private Personal Training and Fitness Classes Beginning Monday January 4 - January 17, 2010

| Days/Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|---|
| 6:00 AM | | Group Personal Training | | Group Personal Training | 6:00 AM Step Interval Training By arrangement only | |
| 7:15 AM/ 7:30 AM | 7:15 Zumba | 7: 00 AM Pilates 45 | 7:15AM Zumba | 7:00 AM Pilates 45 | 7:30 AM Zumba 30 | 8:00 AM Step Interval Training (by arrangement only) |
| 8:00 AM | Group Personal Training | Open Spot for Semi Private Personal Training | Group Personal Training | Open Spot for Semi Private Personal Training | Group Personal Training | 9:00 AM Pilates (by arrangement only) |
| 9:00 AM | Pilates with Props | Open Spot for Semi Private Personal Training | Pilates with Props | Open Spot for Semi Private Personal Training | Pilates with Props | |
| 10:05 AM | Open Spot for Semi Private Personal Training Will begin February 1 | 10:15 Group Personal Training space available | Open Spot for Semi Private Personal Training Will begin February 1 | 10:15 Group Personal Training space available | | |
| 12:10 PM | | Fitness Fusion 40 minutes | | Fitness Fusion 40 minutes | | |
| 4:15 PM TTH note change 4:30 PM MW Aquaplex | 4:15 PM Group Personal Training space available Judy's Group 4:30 PM Step at Aquaplex *Does not follow FUSD snow day schedule | 4:15 PM Group Personal Training | 4:15 PM Semi Private Personal Training space available Judy's Group 4:30 PM Step at Aquaplex *Does not follow FUSD snow day schedule | 4:15 PM Group Personal Training | | *** Blossom Well will follow the FUSD snow day and delay schedule Aquaplex follows it's own snow day rules |
| 5:20 PM TTH | 5:20 PM Semi Private Personal Training Julie's Group space available | 5:20 PM Semi Private Personal Training | 5:20 PM Semi Private Personal Training Julie's Group space available | 5:20 PM Semi Private Personal Training | | |
| 6:20 PM TTH | | 6:20 PM Semi Private Personal Training space available | | 6:20 PM Semi Private Personal Training space available | | |

Note: Beginning in January everyone who pays for the month of training at the beginning of the month and for the entire month (no deductions) Gets \$15.00 off (which equals one training free).

Payment Schedule:

Semi Private Training

\$15.00 per person per training which includes; ongoing body fat analysis and measurement records, goal setting and support to reach goals, nutritional analysis and education, one on one resistance training guidance, resistance training tailored to individual needs, and goals. (get a group of friends together and begin your own semi private resistance training group, then together we will pick a convenient time just for you - *see current open times*). This is a new and fantastic way to stay motivated, connect with people, reach goals, and have loads of fun!! Pay for the whole month (all sessions) up front - get \$15.00 off or 1 free session. Bonus: also all Semi Private training clients can purchase a twenty punch class pass for \$100.00 which is \$ 5.00 per class!!! This should last about three or more months.

Class only Participants:

Pilate's classes/ Step/ Strength Training - \$10.00 per drop in class or a punch card of 5 classes for \$ 40.00 (\$ 8.00 per class); 10 classes for \$ 70.00 (\$ 7.00 per class); and 20 classes for \$ 130.00 (\$ 6.50 per class). Notice: You will not lose \$ if you cannot make a class!!!

Private 1 on 1 Personal Training: \$45.00 per hour (sliding scales fees are available as well as scholarships) A package of 5 personal training sessions is \$ 200.00, a package of 10 is \$ 380.00 (the 10 package deal saves you \$ 70.00)

Journey to Health Programs: Bright Beginnings and Healthy Weighs, Cardio Strip and Core, and Striptease workshops are periodic programs that range from 4 - 12 weeks. Call to get next starting date: (928) 556 - 0198 or e - mail: blossomwell@npgcable.com

About Karen Anderson: Karen Anderson received her undergraduate degree from the University of Wisconsin, Madison in Exercise Science and Nutritional Science/Dietetics in 1989, earned her masters degree in counseling, with an emphasis in Dance-Movement Therapy from Columbia College, Chicago in 1997.

She holds aerobic and step group fitness, personal training, and health and fitness specialist certifications from AFAA (Aerobic and Fitness Association of America) and the ACSM (American College of Sports Medicine). She is also an advanced certified Pilate's instructor, certified indoor cycling instructor, certified Para-natal fitness instructor, certified Kickboxing instructor, certified Turbokick instructor and a certified Zumba instructor. After twenty nine years of being a fitness, health, and wellness instructor/educator she is a master trainer and coach.

She is the single mother of two awesome sons, and is an avid outdoors person who loves backpacking, hiking, kayaking, and mountain biking. She is currently working towards another master's degree in clinical nutrition and finishing coursework/practicum to become a registered dietician. She is energized, knowledgeable, enthusiastic, inspiring and has a passion for guiding, instructing, and motivating people, especially women, to become healthy, empowered, and fully alive.

Please drop by or call: **Blossom Well** (*Body, Mind, and Spirit Fitness*) 2724 E. Lakin Dr. Suite 5A, Flagstaff AZ. 86004 or call (928) 556-0198 "Small Group Training with Big Results"

Class Descriptions

Semi Private Personal Training - Currently formed small group resistance training - These groups are from 3- 8 people and include different strength and endurance training methods including: weights, resistance tubing, ball and bean work, balance, flexibility, and core exercises. Also included in semi private group training: Nutrition education, tracking of measurements, body fat and fitness level, goal setting, journaling, and support. It is a way to train that is highly motivating, helps you commit, is lots of fun, and builds and nurtures camaraderie and friendships. Join an existing training or form one today!!

Open times to Begin a training Group: These are current open time slots - get a group of 3- 8 friends, decide what type of fitness training you would like and we will do it!!! If there is a time you would like to start a group, just ask!!

Restorative Movement/Pilates: This class is designed to use numerous movement modalities including but not limited to Pilates, gentle yoga, Feldenkrais, Alexander technique, stretching, isometric resistance, and group and partner assisted work to help restore structural alignment, balanced musculature, improve core strength, increase body awareness, and to promote healing. It is designed for individuals who are recovering from illness, have mechanical issues of the knee, hip, back, neck or shoulder, beginners, seniors and others who just want to relax and or improve balance and flexibility.

Pilates: Pilates is an overall body toning, strengthening, and flexibility program that focuses on the use of the core muscles of the abdominal region, pelvis, and lower back with the intent to educate people to move from their center, engage abdominal muscles in all their movement, and to become aware of body alignment, movement mechanics, spinal alignment, and muscle efficiency. It can significantly help people who want a leading edge in all athletic pursuits, and those who are recovering from shoulder, knee, back, neck, and other mechanical injuries and/or ailments. It is a fantastic base to all forms of movement: running, walking, weight lifting, dancing, martial arts, and many more. This class is suitable for beginning as well as the more advanced participant, where you will receive one on one guidance and support. I love Pilates and would love to share this jewel with you!!!!!!

Pilates 45 - Same format in 45 minutes!! **Time saver!**

Pilates with Props: A spin on traditional Pilates adding numerous props like; small balls, Pilate's rings, light hand held weights, rollers, stability balls, straps, and dynabands. It is a class that will never get boring, and will challenge all levels of Pilate's participants.

Step Interval - This class utilizes a 4 - 10 inch step platform to step up and down on in various movement combinations in order to train the cardiovascular system, burn calories, and to have fun!! This class combines timed intervals of more and less intense cardio work and resistance training to boost metabolism and burn fat. Warm up, cool down/stretch, and abdominal work are included. It is appropriate for intermediate plus fitness leveled participants.

Step and Resistance Training: This class utilizes a 4- 10 inch platform to step up and down on in various movement combinations in addition to incorporating numerous forms of resistance training (weights, handled tubing, stability ball and core work, dynabands, and other equipment) in an interval format to train both the cardiovascular and the muscular system. It is a fantastic way to balance out your fitness program by combining weights and cardio. Warm up, cool down/stretch and abdominal work are included. It is appropriate for all levels of step participants. (Cardio Resistance Training – same format but the intervals are floor aerobics)

Fitness Fusion: A 40 minute time saving workout that includes core, resistance training, and stretching set to an eclectic array of music styles. It is fun, quick and to the point for those with time restraints, and is effective for calorie burning, muscle toning, stretching and a fantastic mid day stress reducer.

Cardio Boot Camp: A 60 minute class combining numerous cardio, core, resistance, and step/kickbox drills and choreography to create a “dynamite” cardiovascular and overall body workout! It is a fantastic end of the week cardio blast!! Abdominal work included. This class is appropriate for all fitness levels – because it can be adapted to personal intensity needs.

Other Specialty Classes

CURVY GIRLS: Cardio, Core, and Resistance for women who have a more *voluptuous* silhouette and/ or are just starting out participating in fitness, and need extra support, and TLC. Join a training group today!!!

Zumba & Zumba 30 (time saver) A Fusion of Low Impact Aerobics, salsa, raggaetone, hip hop, and other simplified Latin dance steps designed to improve aerobic conditioning, tone musculature, burn fat/ calories and be super fun!!!

Cardio Strip and Core: A class that combines cardio striptease movements with core resistance training to add flair to more traditional aerobic fitness formats. It is super fun, and a great way to get and stay in shape without getting bored! All fitness levels and abilities welcome!

Cancellation Policy:

Please watch e – mails for illness cancellations or schedule changes due to weather. Thanks!