



Renew Medspa Wellness January 2010

Personal Trouble Zone Clinics

Body Fight This clinic focuses on kick-boxing exercises that target the whole body aerobically. This class has a great focus and good overall fun theme .

Stability Ball This clinic focuses on exercises that target basic balance and strength. You will definitely tone and strengthen in this class.

Mini Boot Camp This clinic focuses on targeting basic training exercises, with emphases on endurance and strength.

Circuit I This clinic focuses on exercises that target basic strength with weights and machine exercises that sculpt and tone.

Butts & Guts: Every ab and glute exercise you can think of is done in this clinic . You will learn to tone and shape the two most hated areas, that really need to be shaped.

Core I : This clinic involves a full ab and butt routine. In this seminar you will learn the fundamentals of body strength and conditioning. You will use a Stability Ball, and Mat. I will cover the basics of core body dynamics.

Cardio Ball: This clinic focuses on cardiovascular exercises done with the stability ball. So be prepared to sweat (A LOT)

Core II : This clinic involves advanced ab and butt routine. In this seminar you will learn how body strength and conditioning applying the fundamentals you learned in core I . You will use a Stability Ball, Mat, and weights. I will cover advanced body dynamics.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 	2
3	4	5	6	7	8	9
10	11 8-9am Core I	12	13 8-9am Butts & Guts	14	15 8-9am Cardio Ball	16
17	18 8-9am Mini-Boot camp	19	20 8-9am Circuit 1	21	22 8-9am Body Fight	23
24	25 8-9am Stability Ball	26	27 8-9am Core II	28	29	30

Clinic Info:

All clinics are **by appointment only**. You must call 24 hrs in-advance, to reserve your spot. Maximum clinic size 2 per clinic. Clinic cost \$25.00 per participant. No membership or personal training package required.

These are 'a la carte' instructional clinics. You may also book any of these classes for other time slots on Mondays, Wednesdays or Fridays between 6am and 3pm- we can accommodate any time not already reserved for a personal training client.

What you will need for all classes: Yoga Mat, Comfortable Clothes, Good Sneakers, Towel, and Water. You will need Bag gloves for the Body Fight clinic. This item can be found at any sporting goods store.

Stability Ball will be used in some clinics and will be provided.

Cancellations - if for some reason you can't make your appointment please call to give us at least 24hr notice so scheduling will be able to reschedule you or let someone else use the time slot. For more info call **603-894-0070** ask for either Thomas or Lisa.

Before starting any exercise program be sure to consult with a physician.