



LIFE STYLE CHANGE NETWORK

EldeRcize: A day of pampering for those 50 and over. Enjoy a chair massage, reflexology, healthy snack preparation, lo impact aerobics or chair exercising, nutritional and weight management tips. (Pamper day is for 4 hours)
\$50.00 per person - Includes material.

OR

Come and exercise twice a month. Lo impact aerobics, chair exercises and use of the track. (Class will meet twice a month for 1 hr) **\$20.00 a month - paid in advance.**

MomRcize: This is for new moms who want that one on one personal touch after having a baby and want to get back in shape. Our personal trainer(s) will show you exercises to do at home with or without your baby. Learn techniques to strengthen your core, and smoothies that help you lose weight. (Class will meet twice a month for 1 hr) **\$25.00 a month - paid in advance.**

PoleRcize: The art of sculpturing, and strengthening the body. This class is as much about being female as about being fit. It's for the average adult who wants to do something that is not average. Step out the box and let your hair down. Have fun, and laugh, while getting fit. Pole exercising is a full body workout and is for adult women only. (Class will meet every Tuesday @ 7 PM – 8 PM)
\$15.00 per class - paid in advance
6 sessions \$80.00
8 sessions \$110.00