



SPRING TRAINING IN 12



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you to notice your
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*Give it 12 weeks.
Don't quit.*

**Sunday, February 19 -
Saturday, May 12**

the studio



F I T N E S S .

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www.TheStudioFit.com

Shape-up, Maintain or even Lose weight during **Spring Training in 12**

This 12-week program will start **Sunday, February 19** and run through **Saturday, May 12**.

"It takes 4 weeks for you to notice your body changing, 8 weeks for your friends and 12 weeks for the rest of the world. Give it 12 weeks. Don't quit."

PURPOSE OF THE PROGRAM

The Studio Fitness™ would like to aid in helping you maintain or decrease your weight during the remaining winter months into the spring. **Spring Training in 12** will improve your strength and cardiovascular performance, which will lead to decreased body fat, improvement in overall health, and reduction of the risk for many diseases. This program will help you maintain or improve your fitness level by combining strength training and cardiovascular classes. Participation in this program **with healthy food choices** will maximize your results.

WHO SHOULD DO THIS PROGRAM?

Everyone who wants to look better, feel better, lose weight, stay motivated and have accountability. This program is for men and women of **all fitness levels**.

WHY DO THIS PROGRAM AT THE STUDIO FITNESS™?

The Studio Fitness™ offers many different choices in cardio and strength training classes, convenient times, a selection of qualified instructors and we offer a fun and unique atmosphere.

BENEFITS OF THE PROGRAM

- Maintain or lose weight
- Look better
- Feel better
- Increased energy
- Increased muscle tone
- Increased muscle strength
- Increased metabolism
- Increased bone density
- Decreased body fat
- Decreased risk of many diseases such as diabetes and heart disease
- Decreased lower back pain
- Decreased stress and anxiety
- Personal accountability



You can do it!

GUIDELINES AND RECOMMENDATIONS

According to the *Journal of the American Medical Association*, at least 30 minutes of *moderate-intensity physical activity five days per week is needed to maintain current body weight.

The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) recommend the following guidelines for healthy adults to maintain health and reduce the risk for chronic disease:

- Do **moderate-intense* cardio 30 minutes a day, five days a week
OR
- Do *vigorously-intense* cardio 20 minutes a day, three days a week
AND
- Do 8 to 10 strength-training exercises, 8 to 12 repetitions each, twice a week

Moderate-intensity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. **To lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary.*

“More is better.” The new recommendation emphasizes the important fact that physical activity above the recommended minimum amount provides even greater health benefits. The point of maximum benefit for most health benefits has not been established but likely varies with genetic endowment, age, sex, health status, body composition and other factors. Exceeding the minimum recommendation further reduces the risk of inactivity-related chronic disease.

RULES OF THE PROGRAM

- Participate in **2 strength classes** and **3 cardio classes** per week

CARDIO CLASSES include: All Zumba® and Zumba® combination classes, Kettlebell, Cardio Express and Booty Beat

STRENGTH CLASSES include: Pump!, Kettlebell, Tone & Sculpt, all levels Zumba® + Strength (including Zumba Toning®), Functional Fitness / Core Training, Booty Beat and Personal Training

- You must get the signature and date from the instructor’s class that you attend.

COST TO PARTICIPATE IN THE PROGRAM

A \$25 one-time registration fee . **Regular class fees apply. A Studio Unlimited swipe card, The Studio Fitness™ swipe card or drop-in fee is required for all classes that you attend. Program t-shirts will be ordered seven days after program starts and participants should have their shirts about 10-14 days later.

TOOLS TO SET YOUR PERSONAL GOALS

- If you would like to be weighed at the beginning and end of this program, this can be done and recorded at The Studio Fitness™, but weighing is optional **UNLESS YOU ARE GOING FOR THE SECOND BASE REWARD—THE HOME RUN** (most pounds lost - details below).

LEVELS OF REWARD:

FIRST BASE

Base Hit - complete this program with ALL 60 signatures and receive:

- 1 FREE smoothie or juice blend from *LocoLicious Natural Juice and Coffee Bar*
- 1 special SURPRISE gift!

SECOND BASE

Home Run - this reward is based on MOST WEIGHT/POUNDS LOST. You must complete the program with ALL 60 signatures and you must weigh in **one day before, the day of, or the day after the program starts AND either the day the program ends or no more than one day after**. The **Home Run** winner will receive:

- 1 FREE Personal Training session (*must be redeemed within 60 days*)
- 1 FREE smoothie or juice blend from *LocoLicious Natural Juice and Coffee Bar*
- 1 special SURPRISE gift!

THIRD BASE

Grand Slam - complete the program with at least all 60 required signatures and have the highest *total of classes taken during the contest duration and receive:

- 1 FREE Personal Training session (*must be redeemed within 60 days*)
- 1 FREE smoothie or juice blend from *LocoLicious Natural Juice and Coffee Bar*
- 1 special SURPRISE gift!

*Classes will be counted from tally sheet at front desk (separate from Program Passport) - you must let us know when you sign up for program to include your name on this tally sheet. Double signature class will NOT count as two on this sheet (they will in the Passport). Total classes will be strictly based on **most classes participated in**.

DOUBLE SIGNATURE OPPORTUNITIES FOR THE FIRST SIX INNINGS (WEEKS)

Week 1 Tuesday, 2/21 Booty Beat at 7:30 PM

Week 2 Wednesday, 2/29 PUMP! class at 6:30 PM

Week 3 Friday, 3/9 Cardio (Zumba, Hip Hop or Booty Beat) / PUMP! Express in 45 at 5:45 AM

Week 4 Thursday, 3/15 Zumba /Tone & Sculpt Express in 45 at 4:45 PM

Week 5 Wednesday, 3/21 Functional Fitness / Core Strength Express in 45 at 9:15 AM

Week 6 Saturday, 3/31 Kettlebell & More! Class at 11:00 AM

Stay tuned to our website (www.TheStudioFit.com) and our Facebook (www.facebook.com/thestudiofitness) for the remaining schedule of double signature classes!

THE NOT-SO-FINE PRINT & DISCLAIMERS

- Descriptions of all the classes can be viewed on our website (www.TheStudioFit.com) on the "Classes & Services" page.
- A class schedule can be found on the website in a printer-friendly version for easy reference.
- During this challenge, classes may be added or cancelled by The Studio Fitness at any time.



*We are all here to help
and motivate you!*

