

The Spa at Ballantyne
Pro Trainer Fitness
September Classes

Monday

10am Water Workout **(no class 9/06)**
730pm Zumba Gold

Tuesday

630pm Belly Dance \$15*

Wednesday

10am Water Workout
630pm Yoga

Thursday

700pm Belly Dance Beginner \$15*
800pm Belly Dance Drills \$15*

Friday

10am Water Workout
11am Yoga
715pm Water Workout

Saturday

All Classes \$10 each

10am Belly Dance Intermediate \$15*
11am Belly Dance Beginner \$15*
12pm Water Workout **(no class 9/04)**
Saturday Yoga- by appointment only

Class Card of 5 - \$45
Class Card of 10 - \$90
Class Card of 15 - \$120
1 year Unlimited classes \$540
*Belly Dance Classes 4 for \$60

WELLNESS SPECIALS

Free Belly Dance Class



Thur, Sept. 23: 8pm-9pm

Sat, Sept 25: 10am-11am

Burn Belly & Hip Fat to drum style music & exotic moves

NATIONAL YOGA AWARENESS MONTH CELEBRATION



National Yoga Month September 2010 invites all styles of yoga to participate in an awareness campaign designed to draw attention to the many benefits of yoga and inspire our fellow citizens to live healthier, happier lives. Deepen your commitment to a healthy lifestyle by celebrating the transformative power of yoga with friends, family and your global community! We have good news for you! Anyone, at any age, in any body can practice yoga to gain numerous health benefits, such as:

- Lower blood pressure
- Decreased stress
- Greater flexibility (not just physically!)
- Enhanced brain function
- Lower cholesterol
- Better skeletal alignment
- Strengthened bones/joints
- Improved respiration
- Weight Loss
- Enhanced circulation
- Easier transition through menopause
- Deeper peace of mind

Yoga isn't just a **physical exercise program**. It is a scientific system designed to generate greater clarity and harmony in your life. Through regular practice you will likely notice you are **stronger, slimmer, and more flexible**. But you will also find that you are more patient, mentally sharper, and better able to handle stressful situations.

Pro Trainer Fitness Yoga Specialist will offer 90 minutes of Yoga on

Saturday, 11th, 2010 from 9am-1030am in the Fitness Center

\$10 All levels welcomed

Celebrate Yoga!

OCTOBER 2010



To kick off National Physical Therapy Month, Pro Trainer Fitness will offer a

National Physical Therapy Month

This nationwide observance held each October to help individuals restore and improve motion, achieve long-term quality of life, and raise awareness on how to improve mobility to perform daily activities and provide an alternative to painful and expensive surgery as well as manage or eliminate pain without medication. **Water exercise** is shown to help reduce pain and improve or restore mobility without expensive surgery or the side effects of prescription medications.

free water exercise class on

Saturday 16th: 12pm – 1pm (indoor pool)



November 2010



November is American Diabetes Month—a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

Consider that:

- 24 million children and adults in the United States live with diabetes
- 57 million Americans are at risk for type 2 diabetes
- 1 out of every 3 children born today will face a future with diabetes if current trends continue

Pro Trainer Fitness health specialists will offer

Complementary BMI and Body Fat screenings to determine risk for diabetes

Saturday, November 20th: 8am – 1130am

