

# How to get help with your workout at the Downtown Fitness Club

We understand that you want to be successful in achieving your fitness goals. To assist you, we have developed several programs to provide the necessary tools you'll need in your quest. We bring you the highest quality of health and fitness services, by employing trainers with excellent credentials, the highest levels of education and solid experience in the field, and we do so at value prices. Compare our knowledge, motivation and personal service with any other club and you'll agree that the results our staff help you attain are worth it, after all the biggest investment you make into your fitness program is time! Stop wasting time and invest in the most valuable asset you have-YOU!

## Personal Training

Our personal trainers are committed to giving you everything you need to accomplish your fitness goals. You will be properly instructed with sound exercise principles, motivated to complete each workout and have a level of accountability that is often the missing ingredient in self-directed programs.

Your trainer will work as hard at creating your perfect routine as you do actually performing it. Your trainer is a fitness professional, dedicated to finding just the right program for YOU. They continually educate themselves on the latest techniques in exercise and bring them to the DFC to help you achieve your fullest potential.

## Half Hour of Power

You're busy. You get distracted in the weight room and spend more time than you wanted. You often skip weight lifting because you're bored with the same old routine. All common excuses.

To overcome those obstacles, we created the ½ hour of power!

This time-efficient workout will encompass all the major muscle groups of your body and produce gains in strength and lean muscle that get you excited about weight training again, all in just 30 minutes per workout! We'll include BOSU, boxing and plyometrics, as well as many types of functional training to maximize your results. An instructor will coach you through this routine three times per week with a small group in a four week session for a total of 12 workouts that will literally change your physique. Other clubs charge \$20 per session for group personal training. The DFC offers this 4 week program for just \$99, that's only \$8.25 per session! Sign up for the next session of ½ hour of power today!

## Virtual Motivation –FREE service

Sometimes despite our best intentions, we slip and fall back. No worries, it happens to the best of us. Make sure you're linked to the DFC support line by getting on our email list. You'll get the latest news from the club, daily reminders of our group exercise schedule and floor trainers' schedule, fitness tips, contests and even some motivational messages from our staff. On those days when you just aren't feeling your mojo, open up your inbox and let us give you some of ours! Also, check out our website at [www.downtownfitnessclub.com](http://www.downtownfitnessclub.com)

## Orientations-first time fitness consults –FREE service

Maybe you're a first time exerciser. Maybe it's been years since you last worked out. Maybe you're just new to the club and would like a thorough orientation on our equipment. No matter what your need, we offer a FREE orientation to any member and new members get a complete first time fitness consult that will get you ready to head out on the exercise floor armed with the confidence of knowing that what you're doing is the right thing to do to get you to your fitness goals!