



FEBRUARY 2018 • • •

Club Hours

Monday-Friday, 5AM-10PM
Saturday-Sunday, 8AM-8PM

Why Try a Personal Trainer

1. Motivation

Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages consistent exercise.

2. Individualized Program.

Whether you have specific training goals (i.e. running a marathon) or chronic health conditions, a trainer will work with you to plan a safe program that considers your physical abilities and your health goals.

3. Efficiency

Stop wasting your time doing inefficient workouts. A trainer will help focus your efforts in a time-efficient manner.

4. You're a Newbie or Just Lost

A good trainer will introduce you to a simple, effective routine and allow you to build efficiently.

5. Bust through a Rut

If you are stuck in the same routine, a personal trainer is the perfect way to bust out of that rut. Get new ideas and learn new techniques and bust through that rut.

6. Workout safely

What I consider to be one of the most important reasons for hiring a trainer is safety. Research states that the majority of gym-goers are exercising incorrectly. Why does this matter? Because poor form leads to poor results and an increased risk of injury. There have been too many cases of injuries from torn rotator cuffs to herniation due to unsafe practices.

7. Lose or Gain Weight Gimmicks and diet pills are nothing but smoke screens. There is a good reason so many celebrities, professional athletes, and government officials have trainers: because it works. A knowledgeable personal trainer can cut through the gimmicks and false promises to deliver real results.

Take the first step toward your health goals by contacting Shirmel Richards at srichards@wellbridge.com.

BODY LAUNCH

**2, 60-minute
PERSONAL TRAINING SESSIONS**

**2, 30-minute
RECOVERY SESSIONS**

Just \$149

Game Changer 2018

Begins Thursday, February 1

- :: You bring your determination, we will provide the education and motivation in 60 or 90 day challenges.
- :: Different seminars every week! Explore new avenues to help you achieve your goals.
- :: Weekly prizes for participant challenges
- :: \$99 entry fee.

For more information, contact Tobie Baumann at tbaumann@wellbridge.com or 404.325.2700 ext. 403.



Saturday, February 24 | 10AM

- :: Obtain your personal best in max bench press and max deadlifts.
- :: T-shirt and award for all participants.

To register for the event or for more information, contact Kevin Kayes at kkayes@wellbridge.com today.

February Group Fitness at a Glance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MAIN STUDIO

6:00AM	Bootcamp Myrna	BODYPUMP™ Josh	TurboKick Jennifer	Fusion Lynn	Bootcamp Katie		
8:30AM	TurboKick Hillary	Barre Kristin	PUMP/ATTACK Tina	Strength Miguel	Power Salsa Miguel	Barre Myrna	Bootcamp Tina
9:30AM	BODYPUMP™ Susan	Stretch Miguel	BODYPUMP™ Tobie	Fit Mix Miguel	BODYPUMP™ Tina	BODYPUMP™ Angela	TurboKick Hillary
10:30AM	Strength Malita	TurboKick Lloyd	Strength Hillary			TurboKick Emily	Barre Gloriella
11:30AM						Zumba® Ariela	
12:30PM						Pilates Sculpt Jackie/Miguel	
4:30PM							BODYPUMP™ Lindsey
5:30PM	Power Salsa Miguel	BODYPUMP™ Susan	Bootcamp Katie	Barre Margaret			Yoga Stretch Drew
6:30PM	PUMP/ATTACK Myrna	Zumba® Ariela	TurboKick Lloyd	BODYPUMP™ Tina			

MIND - BODY STUDIO

7:30AM							
8:30AM	Basic Yoga Kristin		Basic Yoga Pam				
9:30AM	Pilates Kristin	Forever Fit Malita	Stretch Ling	Forever Fit Malita	Pilates Shirmel		
10:30AM		Basic Yoga Nicole	Basic Yoga Melissa		BODYFLOW™ Vonetta	Power Yoga Melissa	BODYFLOW™ Tina
11:30AM				Gentle Yoga Tra		Stretch Jackie/Miguel	
12:30PM					Power Yoga Sarah	Stretch Irene	
5:30PM	BODYFLOW™ Holly	Pilates Miquel		BODYFLOW™ Jay			
6:30PM	Gentle Yoga Georgia	Power Yoga Staff	LIVE WELL Tina	Power Yoga Drew			

CYCLE

6:00AM	Cycle Kirstie		Cycle Alison		Cycle Lauren		
9:30AM	Cycle Tobie		Cycle Hazel		Cycle Hazel	Cycle Cooper	
10:30AM						Cycle Tobie	Cycle Traci
4:30PM							Cycle Chris
6:00PM	Cycle Stephanie	Cycle Drew	Cycle Chris				

WATER

9:30AM	H2O Annika		H2O Annika		H2O Luz	H2O Liz	
6:15PM		H2O Luz					

