



POLICY FOR SGT & PT

One month Sign-up is required

Payment is due at the beginning of the month

Cancellation of a session by a client may not be refunded. However, if 3 or more clients and/or instructor must cancel, session will be rescheduled.

Scheduling SGT & PT

1. View available times online
www.studioachelmsford.com

2. Email Ciara to schedule your session!

cbomengen@gmail.com

For information about Adult dance classes contact Miss Amanda

978.502.7845

www.studioachelmsford.com

amanda@studioachelmsford.com



Presents

Fitness Fun!

Group Ex. Classes
Start-up

September 3rd
2014

**Ditch the gym,
Get to the barre!**

978.502.7845

9 Acton Road
Chelmsford, MA 01824

No Need to worry about your favorite fitness class filling up like at a crowded gym. Lose the feeling of intimidation and judgment that comes along with a gym membership. It's time to become a part of Studio A's friendly, encouraging and fun fitness family!

FITNESS FUN OFFERS

Private, semi-private, small group training (SGT) and group exercise classes!

To learn more about fitness fun visit
www.studioachelmsford.com

CIARA'S PERSONAL TRAINING

Studio A wants to help you achieve your fitness goals whether you are new to exercise or a conditioned athlete. At Studio A you will meet with our personal fitness guru Ciara, who will customize a program to fit your needs and schedule. Ciara offers private, semi-private and small group training. Unlike the over populated local gym, Studio A allows you to have a more private setting where you can feel comfortable with your personal fitness training.

SMALL GROUP TRAINING

Many activities with a fun group of friends are always better! Fitness is no exception! Exercising in a small group provides the benefits of team motivation, meeting new friends and sharing the cost of a trainer. Studio A offers Small Group Training (SGT) year-round in groups 3-5 depending on the type of activity. Choose to train with a small group to meet a fitness goal and enjoy the camaraderie. We welcome you to try a session and experience the benefits for yourself!

To schedule a Small Group Training or Personal Training Session, please contact Ciara at cbomengen@gmail.com

GROUP EXERCISE CLASSES

Please call ahead to reserve a drop-in spot in any of our classes

Zumba Toning

Ditch the workout and Join the PARTY! This high/low impact cardio class inspires and motivates you while moving to a combination of fast/ slow moves and Latin music! A fun effective cardio workout with sculpting exercises designed to tone the entire body from top to bottom!

Barre Booty Camp

Work your core and your whole body like never before! Barre classes are derived from ballet barre exercises infused with pilates principles. Using small range of motion moves and repetitions these challenging workouts will lift your tush, sculpt your arms, and streamline your legs. Ditch the gym and get to pilates!

HITT Private Training

Set to upbeat music, this high intensity training targets those "troubled areas". Firm, define and tone your entire core, lower areas and full body. This workout will make you feel the burn in a fun and stress relieving way! All fitness levels are welcome to participate!



SCHEDULING

Monday

9:15am - 10:15am Barre Booty

Tuesday

9:15am - 10:15am Zumba Toning

Thursday

9:15am - 10:15am Barre Booty

7:30-8:30pm Zumba Toning

Friday

9:15am - 10:15am Zumba Toning

Saturday

8am -8:45 am Zumba Toning
(Date TBA)

PRICING

Single Visit Drop-in \$10

*5 Classes \$35

*10 Classes \$60

*20 Classes \$100

*45 days to start using class packages from purchase date

SGT & PT

3 people \$35/hour per person

4 people \$30/hour per person

5 people \$25/hour per person

PT - Email for a FREE quote!

COMING SOON

TRX Training!

Fall 2013