



Fit News

Volume 1. Issue 6
December 2010

Club News and Notes

Geist Fitness is concluding its 10 year anniversary celebration at the end of December. We wish to take the opportunity to thank members who have referred their friends and family to become part of our club.

Please note throughout this month, we are offering to any potential new referral living in the Fishers/Geist area a **FREE TRIAL MEMBERSHIP!**

This is a no risk, no obligation opportunity to experience the club first hand. In appreciation, we are offering \$50 Geist Bucks good towards any personal training, pilates reformer program, or to give as a gift.

During the Holiday Season:

- Evaluate yourself in terms of this past year's fitness and wellness goals.
- Write down your 3 most important health and fitness goals before the end of 2010.
- Maintaining your current weight during the holidays is a great goal! Be mindful of your calorie intake.

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Member of the Month Profile

Wade and Candi have been members of Geist Fitness since 2003. Both Indiana natives, Candi and Wade's 2 sons are students at Purdue. Candi is an executive coach and Wade is in the biotechnology business. "The atmosphere at Geist Fitness is really terrific for us - great staff who are very helpful and wonderful members make Geist Fitness a place that we really enjoy and where we feel very comfortable and engaged. The various classes that we attend are a great foundation for our fitness program." Wade and Candi enjoy taking Mat Pilates and Yoga together during the week, as well as on the weekend. A big thanks to Wade and Candi for their continued support at Geist Fitness.

Wade & Candi Lange



Personal Training

***Purchase \$100 of Personal Training and receive \$25 Bonus Bucks!**

****See Trainer for Details****



Group Exercise Schedule



Introducing Jennifer Doll, the newest member to the Geist Fitness Staff!! Jenn is teaching a new class called Cardio Kick! We are currently working on refining the class to meet the needs of the participants. Please come support her on Wednesday morning from 9-9:50am.

Also, be sure to check out the schedule online to be aware of any changes. F.Y.I, Boot Camp is moving to 8am on Fridays. Continued on page 3.

Group Ex Continued...

With the addition of new and returning members, the club will be adding other classes as the need and opportunity arises throughout the winter months. We thank you for supporting these classes with your regular participation.

Pilates Reformer

Starting January 2011, the club will be offering an INTRODUCTORY LEVEL 1 Pilates Reformer Group class! This class starts with the incorporating the most basic Pilates movement concepts.

This program is targeted to anyone who has not had the opportunity to explore the uniqueness of Pilates on the reformer.

If traditional exercise is not your style, give this program a try! You will feel the change in your body and attitude!



Holiday Club Schedule

Friday, December 24

Closed at Noon

Saturday, December 25

Closed

Sunday, December 26

Closed

Friday, December 31

Closed at Noon

Saturday, January 1

Closed