

REBECCA RICHE

ERIK FRANK

AFAA Certified Personal Trainer  
AFAA Certified Group Exercise Instructor  
Nesta Certified Personal Trainer  
Nesta Certified Speed and Agility Coach  
Weight Training, Weight Loss

*presents*

## “Summer Shape 2K8”

An Intensified Fitness Program

“14 weeks to a healthier, stronger, and newer you!”



“Changing The Shapes of New Orleans”

- weight loss
- resistance training
- aerobic challenge
- motivation/energy renewal
- fitness boxing
- core training
- plyometrics
- proven results

Program starts May 13<sup>th</sup> 2008



For details:  
St. Charles Ave. Athletic Club  
504-523-CLUB

## Objectives for “Summer Shape 2K

“Summer Shape 2K8” is a 14-week intensified fitness program focused on getting in shape this summer building a “new you –” more healthy and more fit.

Objectives include to:

- **provide group exercise training and strength training**
- **provide fitness counseling/nutritional counseling/referral**
- **encourage/teach healthier living through diet and exercise**
- **provide support through encouragement and group collaboration**
- **ensure the effectiveness of the program for each group participant**
- **get you in shape through resistance training, cardio challenges, core training**

### Before the program:

A complete physical assessment, including body fat screenings, height, weight, and flexibility and endurance testing. You will be given your own sheet and reassessed at the end of the program, evaluating success and improvement.

- if you have a current medical condition (cardiovascular disease, diabetes, osteoporosis) or hx of any of the following, and in addition (chronic low back pain, asthma), please inform us and/or receive a medical clearance from your doctor in order to be eligible for the program.

The class itself will be three days a week and includes:

**“Strength”** – 45 minutes of strength training (circuit training, resistance training)

**“Cardio”** – 45 minutes of group exercise (fitness boxing, core training)

**\*\*\*The group will be split into 2 subgroups\*\*\***

**Rotation 1** → attends strength, then cardio

**Rotation 2** → attends cardio, then strength

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- Tuesday 5:30 p.m. – 7:00 p.m.
  - Thursday 5:30 p.m. – 7:00 p.m.
  - Saturday 8:00 a.m. – 9:30 a.m.
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- Fitness program includes a 6 months gym membership and discount on supplements.