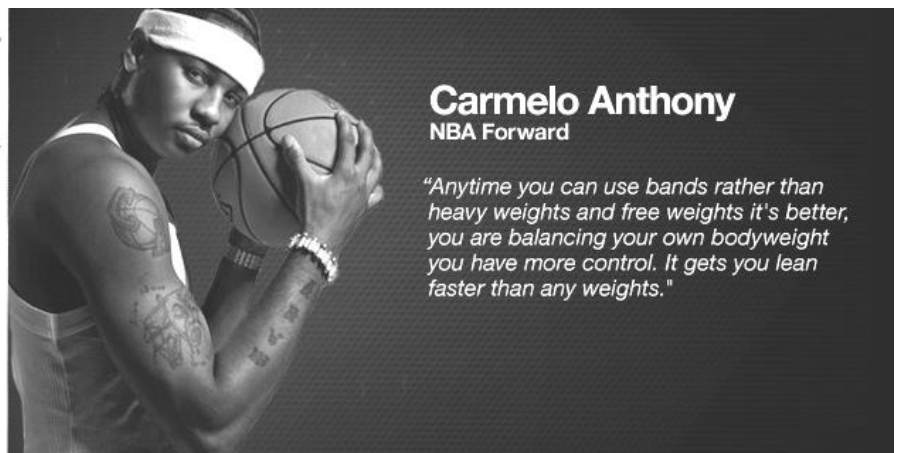


**Group Functional Training
TRX Suspension Training
Russian Kettlebell Training**



Effective 2/1/2012

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|---|
| | | | Group Functional Training PAM / PAT @ 6:00 AM | | TRX Suspension Training* PAM / PAT @ 6:00 AM | TRX Suspension Training* PAM @ 7:30 AM |
| Group Functional Training PATRICK @ 9:00 AM | TRX Suspension Training* PAM @ 9:30 AM | Group Functional Training PAM @ 9:15 AM | Russian Kettlebell Training* PATRICK @ 10:00 AM | Group Functional Training PAM @ 9:15 AM | TRX Suspension Training* PAM @ 10:15 AM | Group Functional Training PAM / SHEILA @ 8:45 AM |
| Russian Kettlebell Training* PATRICK @ 10:15 AM | TRX Suspension Training* PAT @ 5:30 PM | | TRX Suspension Training* PAM @ 5:30 PM | | | TRX Suspension Training* PAM @ 10:00 AM |
| | Group Functional Training PAM @ 6:30 PM | Group Functional Training PATRICK @ 6:00 PM | Russian Kettlebell Training* PATRICK @ 6:00 PM | Group Functional Training PATRICK @ 6:00 PM | Group Functional Training Classes are FREE to Pine Grove Members and Guests | |



Members- Single session \$8 **or** a 6-pack for \$30
Non-members- Single session \$15 **or** a 6-pack for \$72

*TRX Suspension and Russian Kettlebell Training are paid fitness programs taught by certified instructors. These programs are offered at discounted prices to Pine Grove members.



What is Group Functional Training?

Functional Training is the term used for exercises which trains the body for the activities performed in daily life. The principle is to perform exercises to train your body to move correctly, safely and more efficiently in movement patterns used in everyday, whether it is playing with the kids, putting out the washing, gardening or playing the sport you love.

Functional Training exercises work the body as an integrated unit where traditional body building style of training tends to focus on isolating each muscle group. Functional Training requires multiple joints moving in multiple planes of motion, body building style exercises tend to use single joint and single plane movements. In reality there are very few activities that require only one muscle group /one joint to move in one plane of motion. When was the last time your performed a perfect stationary bicep curl outside a gym?

Group Functional Training is FREE to Pine Grove Members and Guests!



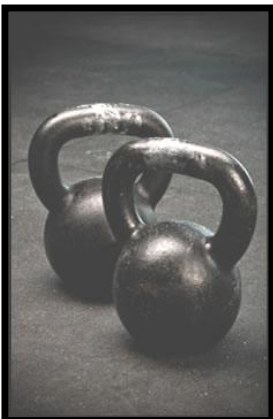
What is TRX Suspension Training?

TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.

What are some of the advantages of using the TRX system?

You can minimize your training time by working your whole entire body switching from one exercise to the next in just seconds. Do you know what the best part is? Every exercise you have to engage your core. Now you may think that your core is just your abdominals, however it is more than that! Your core includes the pelvis, abs, back and chest muscles. It is this core that offers your body stability, balance and flexibility. Everything you do in your life starts with your core, whether it is bending over to pick up the pen you dropped on the floor, washing your car, playing basketball with your kids, or participating in an Ironman. A strong and stable core is important to help prevent injuries, not just in your low back but in your entire body. Just think of how developing good core strength and stability will only enhance your performance and way of life!

Another advantage is by using your own body weight and gravity you are able to adjust to your own personal fitness level just by walking yourself closer or further away from the anchoring point. That means you do not have to go grab a different set of dumbbells or add more weight to the machine, you just simply adjust your foot placement. This keeps you constantly challenging your body through every exercise, minimizing wasted time switching weights.



What is Russian Kettlebell Training?

Kettlebells will steal the fat off your bones, jump-starting your metabolism, and renew muscle growth. It will turn even the average fighter into a coiled powerhouse of lethal strength - so fast, you'd swear it happened while you slept!

Kettlebell Training can be adapted to fit any sort of fitness goal. Today Kettlebells are used by power lifters, professional fighters, law enforcement agents, the military, and even athletes who are looking for a quick way to achieve fitness goals! Women's health, men's health, dense or lean muscle, agility and flexibility (even heart health!), no matter what your fitness goal there is a Kettlebell Training program just for you.