

ADULT GROUP TRAINING



*** MUST BE MEMBER OF CHOICE HEALTH & FITNESS / YMCA**

HOW TO REGISTER



ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SESSION 1

3-28
MARCH MARCH
Reg. Deadline: 24 FEB
Late Fee: \$10

REG. OPENS: JAN. 27

SESSION 2

31-25
MARCH APRIL
Reg. Deadline: 24 MARCH
Late Fee: \$10

REG. OPENS: JAN. 27

SESSION 3

28-23
APRIL MAY
Reg. Deadline: 21 APRIL
Late Fee: \$10

REG. OPENS: JAN. 27

ULTIMATE CARDIO

Trainer: Chris Langei

Location: PT Studio / Altru Performance

Max Class Capacity: 10

Ultimate Cardio is a 30-minute high intensity cardio workout including: a 5-minute warm-up, 20-minute interval training, and 5-minutes of abdominal and stretching exercises.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & F	5:30 am - 6:00 am	\$80 / FT1-41101	\$80 / FT1-41102	\$80 / FT1-41103

SPRING BOOT CAMP (OPEN TO MEMBERS & NON-MEMBERS)

Trainer: Veronica Lien

Location: Personal Training Studio

Max Class Capacity: 10

Four week challenge led by trainer Veronica Lien for those that want to tone up and get in shape. Participants must commit to 1 (45) min intense boot camp training session per week and daily orders to be completed individually by participants.

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
TUES	12:00 pm - 12:45 pm	\$60 \$100 (non-mem)	FT1-43811	FT1-43812
TUES	5:45 pm - 6:30 pm	\$60 \$100 (non-mem)	FT1-43821	FT1-43822
THUR	5:45 am - 6:30 am	\$60 \$100 (non-mem)	FT1-43841	FT1-43842

ADULT FITNESS SPECIALTY TRAINING

CHOICE HEALTH & FITNESS OFFERS A VARIETY OF SPECIALTY TRAINING OPTIONS TO HELP YOU REACH YOUR FITNESS GOALS!

- PILATES REFORMER TRAINING
- TRX SUSPENSION TRAINING
- POWER LIFTING COACHING
- BODY BUILDING & PHYSIQUE COACHING
- OLYMPIC LIFTING COACHING
- FORM RUNNING
- WEIGHT LOSS

CONTACT FITNESS MANAGER CHRIS LANGEI FOR MORE INFORMATION:

Chris Langei | 701.746.2790 | clangei@choicehf.com



SESSION 1

28-27
APRIL JUNE

21
APRIL
Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 24

SESSION 2

7-28
JULY AUG

30
JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

SUMMER SHRED BOOT CAMP (OPEN TO MEMBERS & NON-MEMBERS)

Trainer: Veronica Lien

Location: Choice Grounds - Outdoors

Max Capacity: 16

8 or 9 week challenges for those looking to get in shape and tone up. Participants commit to a platoon training group which includes an intense boot camp group training each week and individual daily orders.

Visit ChoiceHF.com for details!

DAYS	TIME	SESSION 1 COST & CODE	SESSION 2 COST & CODE
TUES	12:00 pm - 1:00 pm	\$180 / \$220 (non-mem) FT2-43811	\$160 / \$200 (non-mem) FT2-43812
TUES	5:45 pm - 6:45 pm	\$180 / \$220 (non-mem) FT2-43821	\$160 / \$200 (non-mem) FT2-43822
THURS	5:45 am - 6:45 am	\$180 / \$220 (non-mem) FT2-43841	\$160 / \$200 (non-mem) FT2-43842

ADULT STRENGTH TRAINING GROUPS FORMING!

Having someone to workout alongside you can push you a little harder than you might on your own.

Get variety, fun, motivation, and consistency. Contact a trainer for more information or to form a group.

Contact: Chris Langei | 701.746.2790 | clangei@choicehf.com