

ADULT PROGRAMS



ONE-ON-ONE PERSONAL FITNESS TRAINING

AGES: 16 and Older (Fitness Center Members Only)
WHERE: Community Center Fitness Center
DAY: Monday - Saturday
WHEN: By Appointment
TIME: By Appointment
FEE: **JUST SOME BASIC INFO - \$35 Hourly**
 (Pay as you go!)
 Critique your Workout
BASIC ASSESSMENT & FITNESS PLAN - \$45
 Recommended for New Members
 (One 90 minute session)
SERIOUS PLAN - \$150 - including assessments
 five (5) - One (1) hour sessions

Please be aware that an additional release from a doctor may be required to participate in program.

One (1) month to complete Serious Plan Package

Personal Trainer Cindy Copenhaver is certified with ACE (American Council on Exercise)

AFAA (Aerobic and Fitness Association of America) and SSC (South Suburban College)

and personal trainer Martin Quiroga is certified with AFAA

BETWEEN CLASS PASS

FEE: \$18 SH Resident
 \$20 Non-Resident

4 WEEKS

"Keep it going!!! Don't lose your momentum". This Between Class Pass is offered exclusively to those who have registered and participated in a SHPR FALL Fitness Class. This 4 week pass is valid from December 16 to January 16, 2011. This pass is limited to the use of the Fitness Center and Pool during regular facility hours.

Please check with front desk for pool repair schedule

THERAPEUTIC MASSAGE THERAPY

AGES: 18 Years and Older
WHERE: Community Center
WHEN: September 7 to January 12, 2011
DAYS: Tuesday: Jodi - 4:00PM to 6:30PM
 Wednesday: Jodi - 10:00AM to 12:30PM
FEE: \$35.00 - 30 minutes
 \$45.00 - 1 hour

Pamper yourself with this superb ultimate de-stressing experience. Take a break from your daily routine and unwind. Enjoy the therapeutic benefits of Swedish Massage or Deep Tissue Massage. Ideal for relieving the stresses and strains of every day life and for re-awakening tired muscles and minds. Indulge yourself in this ultimate pampering experience as Jodi, an experienced certified and licensed therapist, leaves you feeling radiant and relaxed.

CHAIR MASSAGE

AGES: 18 Years and Older
WHERE: Community Center
WHEN: September 7 to January 11, 2011
DAYS: Tuesday, 2:00PM to 4:00PM
FEE: \$15.00 - 15 minutes
 \$20.00 - 20 minutes
 \$25.00 - 25 minutes

Chair Massage is BACK! If you are always on the go, relax with Jodi to let go of your daily stress. Massages are given while relaxing in a massage chair. You can take advantage of this relaxing and beneficial experience whenever you can fit it into your busy schedule.

Massages are by appointment only. Massages can only be scheduled in person at the time of payment, with a 24-hour advance notification. As a courtesy, please arrive promptly. If you need to cancel or reschedule, notify the front desk 24 hours in advance. With a 24-hour notice, Jodi will reschedule the appointment at her earliest convenience. No refunds for missed appointments.

