

"River Workout"

With CPT and Fitness Instructor Stacy Chick

River Workout is a results-driven strength and conditioning program that runs 3 times a week, for eight weeks, at 60 minutes per session. It is conducted aside the spectacular views of the Mississippi River, utilizing a military-style format, coupled with the most progressive, innovative, and creative exercises in fitness.

These Boot Camp style workouts include, but are not limited to, cardiovascular, speed and endurance, partner resistance, strength training with weights, and obstacle courses.

What's holding you back from joining a class today?

Personal training sessions normally run between \$40-\$100 per hour. River Workout provides the intensity of a personal training session with the motivation from a group environment. You get the best of both worlds, for under \$10 per session!

Haven't worked out in months or years?

Don't fret, River Workout is for all fitness levels. Whether you work out daily or haven't worked out since high school, all activities are structured so that you can choose the appropriate intensity for your fitness level.

Too busy?

We all live busy lives. With morning and evening sessions, you can easily work the classes into your busy schedule. And, the extra energy you'll begin to feel will help you be more productive throughout the rest of your daily activities.

River Workout is based upon the principles of discipline, motivation, and teamwork! Even though it is based on a military-style training program, this easy-to-follow program is about having FUN, motivation, and seeing REAL results!

The Gist

Each class begins with a good stretch, followed by a workout that combines strength, agility, cardiovascular endurance, and flexibility exercises. Each class ends with a cool down and a final stretch. Fitness assessments are performed at the beginning, middle, and end of each eight-week program.

Sessions are held three times a week, and in addition to the workouts, include initial body fat assessment, nutritional plan, and a boot camp success guide. Each participant is required to bring a set of dumbbells matching their fitness level and a mat for floor exercises and abdominal work. Workouts can be given in advance, and an inclement weather policy will be provided.

This eight week program costs \$225.00. All payments must be made in full and NO refunds will be made. The start date is March 17, 2009. Three camps will be offered at 5:45 A.M., 7:00A.M., and 5:45 P.M. on Tuesdays and Thursdays and one class on Saturday mornings at 9A.M., at Greenbelt Park across from Harbor Town in downtown Memphis. There is also a pay per class rate and the program can be pro-rated. You do not have to commit to the eight week program and classes are held continuously throughout the summer and fall.

**** For additional information and incentives call Stacy Chick @ 901-488-7740 or e-mail at riverworkout@gmail.com**

“Workout on the River”

With CPT and Fitness Instructor Stacy Chick

Location: Greenbelt Park across from Harbor Town

Start Date: March 17, 2009

Sessions: 5:45A.M., 7 A.M. or 5:45 P.M.

Cost: \$225.00 per person

Duration: 60 minutes, 3 days a week for 8 weeks, Tuesdays and Thursdays and Saturday Mornings at 9A.M.

Let a backdrop of the river be your inspiration for a total body rejuvenation with CPT and Fitness Instructor Stacy Chick. Beneficial to all ages and fitness levels, this camp focuses on improving strength, cardio endurance, agility, flexibility, and more. Commit just one hour, 3x a week, and enjoy the benefits of a leaner and stronger body in record time!