

Want faster results in reaching your fitness goals? Get a Personal Trainer! If you're looking to shed some pounds, tone up or excel in your favorite sport, a Personal Trainer can get you there faster and safer. A trainer can add motivation and focus along with the knowledge and experience you need to succeed.



Wendy Potratz



Billy Fisher



Patrick Sjodahl

Take Charge for Kids
Saturdays
12:00pm – 12:45pm

New Kids

\$5.00 per class

Punch Cards Available

6 Classes - \$30 10 Classes - \$45

Youth Cardio Kick and Punch
Thursdays
5:30pm – 6:15pm

Take Charge for Kids is a fun group activity for children ages 6-11. This program revolves around functional exercises that will keep your child moving; assist in developing coordination; and help build confidence. During sessions, children will perform multiple movements such as jumping, running, footwork/balance drills and punching/kicking striking pads which are held by class instructors. Your child will gain a better sense of positive activity and burn energy during these 45minute sessions.

Instructors: Billy Fisher and Matt Chernugal
(Limited Space Available. Sign Up In Office)

Group classes are designed to help youth ages 12-17 build confidence, develop a better sense of fitness, and develop a stronger mind and body. During the 45 minute sessions, youth will perform core/abs movements and participate in cardio/endurance building exercises. Routines will be mixed with basic self-defense techniques such as punching and kicking striking pads, held by instructors; use of punching bags; footwork exercises; and agility drills.

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During the month of February, if you purchase a gift certificate for a massage with Meagan, you will get a 10 Minute Facial for free. A \$10 Value.

Message With Meagan Valentines Special

Stop by the office to purchase a gift certificate, have questions, or to schedule an appointment.



**New to
InCharge!**

Patrick Sjodahl

*Personal Fitness
Trainer*

I have been a certified trainer for six months and received my education at the lifetime academy through lifetime fitness. I am trained as a corrective exercise specialist and a sports performance enhancement specialist. I received my credentials from NASM (The national academy of sports and medicine). I like to get the body moving in every way possible, this means that I engage the core with every movement seeing as it is connected with everything. I also like to get the cardiovascular and muscular systems working together as one unit to enhance performance so that my clients can feel good in every way possible. My goals as a personal trainer is to help people accomplish their goals, fix any imbalances that may inhibit a person from reaching their goals, and to motivate others to do what they never thought possible.