

## Meet Our New Intern: Rachel Scheller

I am so excited for the opportunity to Intern at InCharge Fitness and for the chance to help all of you Take Charge of your lives! I am a Marketing Communications major with minors in Exercise Science: Human Performance and Sports Management at Bemidji State University. I also play for the women's soccer team at BSU. I am originally from the cities and really enjoy spending time with my family and staying active by playing soccer, running with my dog Maddie, lifting weights, hiking, biking and coaching. I also enjoy reading and traveling. At InCharge I will be helping fulfill our clients' needs through marketing and helping out on the fitness floor. I can't wait to meet all of you and I'm so excited to join the InCharge family!



*Come meet me this month!*

**Equipment Orientation – Wednesday, December 4<sup>th</sup> & Wednesday, December 11<sup>th</sup> between 4:30pm – 6:30pm**

## Upcoming Class

## Empowerment for Defense

*Tuesday, December 17<sup>th</sup> and December 31<sup>st</sup> – 5:30pm-6:15pm*

Are you looking to add something new and exciting to boost your overall health, fitness and confidence? This class is a fusion of basic kickboxing, boxing, self-defense techniques, balance work, endurance exercises and functional core movements. You will learn and perform basic punching and kicking combinations, heavy bag striking, abdominal/core moves and body weight exercises. This will build balance, coordination and endurance while toning your body. Completion of lesson will have you feeling mentally and physically boosted!



### **Instructor: Billy Fisher**

I have been a personal trainer/group fitness facilitator for nearly 2 years; certified through NETA for physical training. My passion with fitness is to help individuals be the best they can be! I gained experience with hand-to-hand defense skills while serving in the US military. I am currently an active amateur mixed martial arts competitor and have also competed in USA freestyle wrestling events.

## *InCharge Is Now Accepting Silver Sneakers*

The SilverSneakers Fitness Program is the nation's leading fitness program designed exclusively for older adults. Regular participation in this program has been proven to help older adults manage their health and increase strength, balance and endurance.

Silver Sneakers members have access to a wide variety of benefits, including:

- A basic fitness membership with access to all amenities including 24/7 access, showers, etc.
- A staff member to introduce you to SilverSneakers, show you around the facility and help you get started.
- Free admission to all our current fitness classes. SilverSneakers classes coming soon!

See an InCharge fitness staff member  
for more information.



### *Promotion*

## *InCharge Shake Station Giveaway*

*December 1<sup>st</sup> – December 20<sup>th</sup>*

Stop in at InCharge Fitness during staff hours between December 1<sup>st</sup> and December 20<sup>th</sup> to purchase a shake and be entered into a weekly drawing for a chance to win Shake Station products! Our products are designed to enhance your workouts and nutrition. Come talk to us to help develop a shake program just for you!

### *Shake Station Pricing*

Regular Shake with Tea and Aloe \$6.50

Specialty Shake with Tea and Aloe \$7.00

*We also carry other enhancing products. Talk to an InCharge staff member for more information and pricing. Punch Cards available! Over 25 flavors to choose from! Check our website or stop in to see a complete list of flavors.*

