



## Fitness Services to keep you on track!

- **Complimentary Fitness Consultations:** Meet w/ Jenn to discuss how Amberly's Fitness/Wellness department can help you meet your goals.
- **Equipment Orientation or Refresher Class:** The Fitness staff offers COMPLIMENTARY New User orientations and Refresher classes at your convenience.
- **19 In person and 9 Virtual Group Classes every week!** Everything from Zumba and Boot Camp to Gentle Stretching. Classes are complimentary!
- **Fitness Assessments:** This 45-minute session will measure your fitness in five categories, helping you establish baselines and set goals: Cardio health, upper body strength, core strength, flexibility and body composition. \$20.
- **Physical Limitations?** Let us show you how our gym can accommodate those using wheelchairs or walkers. Complimentary!
- **Surgery in your future?** Let us show you how to get stronger before surgery to make recovery faster and easier. Complimentary!
- **Just finished physical therapy rehab?** Bring us your physical therapy exercise sheets and let us show you how to continue your therapy at the gym. Complimentary!
- **Personal Training:** We have a staff of nationally certified trainers that are approved to work with you. Individual sessions are scheduled with each trainer.
- **Individualized Written Exercise Program to follow on your own:** Two 45-minute training sessions to assess your strengths and goals resulting in a written personalized program. \$100

For additional information please email [Jenn@Amberlymaster.com](mailto:Jenn@Amberlymaster.com).