

Live Long Fitness Schedule

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am Live Long Workout		5:30am Live Long Workout	5:30am Live Long Workout	
6:15am Live Long Workout	6:15am Live Long Workout	6:15am Strength Training	6:15am Live Long Workout	6:15am Strength Training	
7:45am Live Long Workout	8am Stretch Class	7:45am Strength Training		7:45am Live Long Workout	8am Group Run Location changes weekly
8:30am Fit Set Workout	8:30am Pick Up Workout		8:30am Fit Set Workout		
9am Live Long Workout		9am Strength Training		9am Live Long Workout	9:00am Live Long Workout/ Fit Set Workout
3:30pm Live Long Workout	3:30pm Boot Camp	3:30pm Strength Training	3:30pm Boot Camp		
4:30pm Live Long Workout/ Fit Set Workout	4:30pm Fit Set Workout	4:30pm Strength Training/ Fit Set Workout	4:30pm Fit Set Workout	5:15pm Pick Up Workout	
	5:30pm Boot Camp		5:30pm Boot Camp		
6:00pm Live Long Workout		6:00pm Strength Training	6:00pm Live Long Workout		

- **Please Be Here on Time.** We ask that if you cannot get here on time to reschedule your appointment.
- Schedule your training times by Friday for the week ahead(One Month Ahead would be even better!)
- Schedule changes can be made 24hrs. prior to change ~ via phone call: 410-213-1078 or email: livelongfitness@live.com
- Check white board for schedule updates.
- We do have hours available for personal training clients, please be considerate.

Class Descriptions

Live Long Workout: These workouts will run approximately 45min in length. You will push, pull, walk, run, row, throw, and do many other fundamental activities that will work your entire body including your cardio vascular system. Fast, Challenging, Intensity are all parts of this all over body workout. Exercises are modified when and where they are needed.

Fit Set Workout: Full body workout which is easily modified for all ages and abilities. This class is definitely great for those just starting out exercising, coming back from and injury or someone that has taken a bit of an exercise vacation.

Strength Training: Approx time is 30 – 45min in length. This workout is an essential part of any well rounded fitness program. Everyone from the beginner to the elite will benefit from basic weight training. All levels are welcome.

Boot Camp: This workout last approximately 45 min. Basic Movements done with intensity. This is a great format if you are looking for general conditioning and fitness, or if you're looking to get/stay in shape for athletic endeavors.

Pricing Policy

Monthly Payments are due when you begin your training, that date will become your monthly due date. Late fees(\$25) are charged 10 days past that day.

We do not require you to sign a contract for anything longer than a month.

Bounced Check fee is \$10.

Small Group Training (All of the above offerings)

Saturdays Only \$45 per month
2x a Week \$100 per month
3x a Week \$150 per month
*Unlimited \$175 per month
One Day drop in \$25

*With the unlimited price we offer an 8 week food plan that we highly recommend you take advantage of this opportunity.

Personal Training

Our personal training sessions are 30-45minutes in length.
One on One training \$45per session
12 Session Package \$500

Boot Camp

2x a week\$65 per month
3x a week\$95 per month
Drop In\$10 per class

Food Plans

8 Week Plan \$35
Includes weekly email, weigh-in and log book check up.