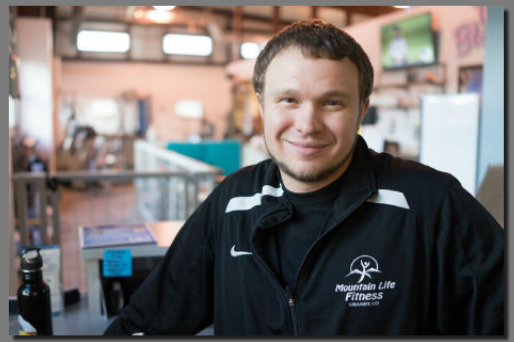


# Mountain Life Fitness "Personal Training Program"

*By: Benjamin Fairchild*



Happy New Year, members! I wish the best for all of you in the coming year! With that being said, I cannot wait to tell you about the upcoming programs that we have to offer this year. We will be offering exciting new programs that will help you meet your goals for the New Year, while creating affordable personal training and small group training programs to boost your fitness level throughout the year and beyond!

Women with Weights will allow the first six women to register, to train with me on the fitness floor (regardless of membership type) in an individualized program for muscular endurance and toning. I will create and prepare an in-home or in-gym weight training program for each of you, providing you with better muscular definition/strength and physical performance for all outdoor activities.

Maximize Your Mass is designed specifically for hypertrophy. While each training session duration is typically one hour, these sessions take an additional 30 minutes to complete the workout, leading to extremely effective workouts in the gym that builds muscle mass. A nutrition component specific to your needs and to hypertrophy are included in the program, with a 30 minute consultation personally with me. I have previously had significant success with clients adding 20 pounds in a seven-month training program. If you have the will power, I have the knowledge.

The Youth Strength and Conditioning Camp will be geared towards increasing speed and athletic performance. Anyone from ages 7 to 18 may participate. We will have plenty of information on this program coming up in the spring.

Endure the Burn will help you improve muscular endurance. This program will push you to your limits! Not only will your heart health improve, you will experience weight loss, and muscular definition.

These four session-based, small group training programs will each span four weeks.

I am excited about 2016! It will be a great year for all Mountain Life Fitness members! Do not let your goals and aspirations for the New Year fade! Be strong, work hard, and achieve what you want to achieve! Talk to Jackie or myself if you need guidance developing your fitness goals. New goals/objectives can be developed any time of year, not just on January 1st!