

# SMALL GROUP Fitness Training



at  
*Rose Springs*  
*Center for the Healing Arts*

5215 NE Elam Young Pkwy., Suite A  
Hillsboro, OR 97124

**503-693-9101**

Register early to reserve  
your class

Max 6  
people  
per class!

Save 65%  
Over private  
personal training

## Fall Session I: Sessions Start September 26<sup>th</sup>, 29<sup>th</sup> and October 1<sup>st</sup> (5 Sessions \$120)

### **Mondays**

12:10 pm  
to 1 pm  
7:30 pm  
to 8:20 pm

**Small Group Fitness Ball Class:** Beginner Level (no experience necessary). This class is designed for the beginner (great for the busy mom and mature adult). We will focus on proper form, core strengthening, and balance in a whole body Progressive workout. Bring a ball or buy one in our store. Starts 9/29

### **Wednesdays**

9:30 am  
to 10:20 am

**Small Group Personal Training Class:** Beginner Level (no experience necessary). Tone-up without bulking up in this progressive whole body strength training workout designed for the beginner (great for moms of preschoolers and mature adults). Bring a mat. Starts 10/1.

### **Fridays**

12:10 pm  
to 1 pm

**Small Group Circuit Training Class:** Introductory Intermediate Level (prior experience with strength training or cardio classes required). This class is designed to introduce you to various circuit training exercises (rotating through cardio and strength training exercises) for a whole body workout of action packed calorie burning. Bring a mat. Stars 9/26

**Fall Session II:** Same classes will run 5 weeks starting November 3-7 and run till December 8-12 (5 sessions \$120). No classes November 24-28.

Fall Session II is designed for either those continuing from session I or starting new.

SAVE \$40  
When you  
register for  
any 2 classes

Combine  
classes  
from both  
Fall  
Session I  
& II  
to save \$

### Why a small group fitness class may be right for you.

- No fast paced music to keep to
- You can go at your own pace
- Have you tried large fitness classes and you didn't fit in or felt uncomfortable?
- Great for those with two left feet or need more personal attention

### More Classes

**Lifestyle Changes for Successful Weight Loss Class:** Saturday October 18<sup>th</sup>, 10 am to 3pm. Class focus will be on nutrition, portion control, emotional eating control, eating for your lifestyle, goal setting, healthy fitness, motivation and support. Bring a lunch. Cost \$50.

**Curbing Holiday Weight Gain Classes:** Two classes: Monday 11/10, 7-9 pm; or Tuesday 11/11, 9-11 am.

Tired of gaining weight during the holidays? This 2 hour class focus is on positive methods in preventing weight gain during the holiday season. Cost \$25.

All classes taught by Debbie Dehler (certified personal trainer & weight management consultant). Please call Debbie with any questions regarding classes 503-473-3229. Private personal training sessions also available, call RoseSprings to make an appointment for a free consultation with Debbie.

To register for classes  
**503-693-9101**