



BODY BY SID FITNESS STUDIO

Investment List

3095 E. 14th Avenue, Columbus, Ohio 43219

Spiritual Empowerment Fitness Bootcamp /

Morning Glory Bootcamp - This is the season for wellness! There is a connection between scripture and exercise. God wants us to be healthy! So come on and get your body lined up with the Word and glorify God as you exercise. Huh? Glorify God as I exercise?! You sure can! Call on His name and ask the Savior to help you thru the routine! Meal plans included. (Mon-Thur 6:20am, M-W-F 6:10pm)

Personal Training — It's just you and the trainer. 1 on 1. Talk about personal! You will benefit from a program that's personalized and custom-built to your goals. Your certified personal trainer will walk you through cardio, flexibility, abdominal, and upper and lower body resistance workouts. Whether you want to lose weight, build muscle, or just look and feel better, your personal trainer will take the guesswork out of how to get there! (Call for availability).

Zumba®!- Working hand-in-hand with dedicated, and ZIN™ certified Zumba Instructor, Thea Sheppard, her goal is to spread the philosophy of health and happiness and of loving everything you do, especially your workout! Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™! Body By Sid is a registered Zumba location. (Tue & Thurs 7pm – 8pm and bonus Saturday's twice per month).

Young at Heart — You're never too old to exercise! Are you a baby boomer or from the "older" generation? You, too, can become an active older adult (AOA). This low impact class is for you! Get physically active; stay healthy-at any age. This is a 4-day per week program. (Mon-Thur 11:20am – 11:50am).

C Camp — *"I am not going to do it [exercise] on my own, or I would of done so by now. I'm 37 and weigh over 300 lbs. I have got to lose weight. Can you help?"* This program is designed for individuals who are 100 pounds or more overweight and are serious about fat loss. Held in a more private and intimate setting, you will exercise and discuss fat loss strategies that include many behavioral changes. Only 5 people per class. This is an 18 month session, held four days per week (Call for class availability)

Semi-Private Group Personal Training — You prefer group training but don't like the larger groups? Then small group training may be for you! Groups of 2 or 3 with more personalized attention. M-W-F (Call for availability)

Easy Does It — If you've never exercised before, I know that beginning an exercise program can be confusing with all of the information that is out there..phew! You ask yourself "where do I start? What do I do" ..yes, confusing at best. This class will help remove that confusion and is designed especially for the beginner. You will start slow and go slow, and aim for small improvements each week. This is the process of what I call from "milk to meat". You are not quite ready for meat, so you have to stay on the milk for a little while longer.

...And more!

www.bodybysid.com

614.286.9726

* Investment days/times subject to change