

ELEVATION

strengthcardiogroupx

FITNESS CLUB

Elevation Express Personal Training

GET IN, GET OUT, MOVE ON WITH YOUR DAY. Short on time, Big on Results? **"ELEVATION EXPRESS" 30 minute Express Personal Training** is for you! **Achieve your fitness goals, save \$\$, and maximize your time and results with Express Training.** Inquire at the Front Desk.

Elevate Your Prana, Vinyasa Flow yoga on Mon. evenings at 5:30 pm and Yoga Stretch on Friday's at 12:30pm.

"CARDIO KETTLEBELL EXPRESS" Tuesdays and Thursdays, 12:30-1:00pm. Experience this cutting edge class that blends strength, flexibility, and endurance with blasts of fat burning cardio moves

ELEVATION ADRENALINE BOOTCAMP Tuesdays 5:30pm. The perfect balance of fitness and sports conditioning. Don't miss this fun, energetic, and demanding after-work workout utilizing kettlebells, speed ladders, dumbbells, cardio intervals med balls and more...

**REACH NEW HIEGHTS
IN THE NEW YEAR**

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**ELEVATION FITNESS
214-855-3706**

www.elevation1700pacific.com

DECEMBER/JANUARY 2010

Merry Fitness and a Healthy New Year

Tips to help your New Year's fitness resolution make it past Valentine's Day

Develop a specific 90 day plan. Everyone has a New Year's Resolution goal, Get support from a Personal Trainer, then Live It and Stick to it. Research shows that if you exercise 3 times a week for 90 days, you'll make working out a habit. A positive lifestyle addiction that you cannot do without! You've heard it before, "Just Do It"

Do the best with what you've got. A trip to the club can be a reminder that our fitness and athletic ability may not be what it once was. Don't dwell on the past; focus on the benefits you are getting today.

Fight Perfectionism. Stop thinking you must do things perfectly or not at all. Be comfortable about your level of fitness, be realistic about your goals, and give it your best shot! Once you start the journey, you are on your way to results.

Vary your exercise routine. A new variation of your favorite activity may be just what you need to reinvigorate a stale routine. Try a different group x class, or express strength circuit training, incorporate intervals into your cardio workout; end your workout week with a Yoga Stretch class on Friday's.

Anticipate some drudgery. Do everything you can to make your fitness program as convenient and enjoyable as possible, but realize some days exercise is just plain hard work. That's why it's called working out.

Commit yourself. Block off escape routes. Schedule workouts in advance, write them down as appointments you can't miss, or re-schedule. Arrange to work out with friends and co-workers. Pack your workout bag the night before. Sign up for a complimentary program design session with a personal trainer and get motivated. **ELEVATE YOUR RESOLUTION THIS YEAR!**

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214-855-3706

7 DAY PASS

Complimentary

1700 PACIFIC 2501

MEMBERSHIP TRAINING FACILITY FOR THE DALLAS MAVERICKS DANCERS

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FITNESS CLUB

1700 PACIFIC AVE. SUITE 200 DALLAS, TEXAS 75201

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