

Stay Fit Running Club

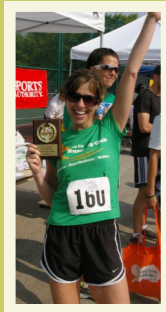
Runners • Run/Walkers



Stay Fit Running Club is in it's 4th year and is going strong. The purpose of this club is to provide an environment that is socially and physically rewarding. Our staff oversees the groups and strives to implement a fun and injury free setting.

There have been many success stories in this club from first time 5K competitors to winning the Mt. Prospect Corporate 5K Women's Division.

Watch for the 2012 Running Club launch.



Kids' TOO!!



Stay Fit Kids' Running Club

This club has grown significantly since it was founded. This program focuses on training kids to run in a fun and educational setting. Education tips will be provided as kids learn to focus on running form and building endurance.

The club sponsors a fun-run/fundraiser that's held the 3rd Saturday in June.

Kids' Running Club meets Saturdays, Spring- November



Stay Fit Physical Therapy & Core Wellness, Inc.



Wellness Services

- Fitness Memberships
- Fitness Classes
- Massage Therapy
- Personal Training



Stay Fit Programs

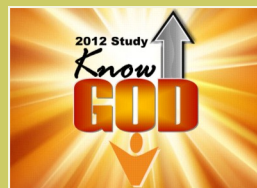
Running Club
Runners • Run/Walkers

Kids' Running Club
The Core



The Core

Christian Women's Luncheon
First Tuesday of every month
12:00 - 1:30 p.m.
Complimentary Lunch



Discovering the Attributes of God

Mind • Body • Spirit

127 W Prospect Ave. | Mt. Prospect, IL | 60056
847 STAYFIT (782-9348)

www.stayfitpt.com



STAY FIT
Physical Therapy & Core Wellness, Inc.™

GET FIT • STAY FIT

www.stayfitpt.com



Fitness Membership


Bronze

- Unlimited equipment use
- Member discount pricing
- Free equipment orientation
- "Member's Only" events

Silver

All of the Bronze benefits PLUS...

- Unlimited Signature Fitness Classes
- Unlimited Group Fitness Classes

	Individual	Couple	Family	Senior	Senior Couples
ONE MONTH					
BRONZE	30	54	72	28.50	51
SILVER	78	140	187	74	133
3-MONTH					
BRONZE	81	146	194	77	138
SILVER	211	378	505	199	359
6-MONTH					
BRONZE	144	259	346	137	245
SILVER	374	672	898	355	638
12 MONTH					
BRONZE	252	455	605	239	428
SILVER	655	1176	1571	622	1117



Special Wellness discounts for all Stay Fit Members!

Effective 8/1/2011

Couple= Two people/ same immediate family

Family= Immediate Family- children 13 yrs. and older- total four members.

Senior = 62 yrs.

www.stayfitpt.com

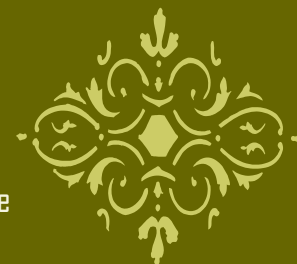
Massage Therapy



Our licensed massage therapists bring years of experience and education to Stay Fit.

Offering :

- Deep Tissue
- Swedish
- Chair
- Sports Massage
- Hand & Foot Massage
- Myofascial Release
- Geriatric Massage
- Trigger Point
- Manual Lymphatic Drainage



Personal Training

Offering:

- Strength Training
- Aerobic Conditioning
- Flexibility
- Weight Loss/ Fat Loss
- Muscular Gain
- Sports Performance

NEW

FITNESS EVALUATION USING BIOx FITNESS MAKER

This comprehensive evaluation is perfect for assessing fitness levels, setting goals, measuring improvement and tracking weight loss. Sign up today and find out the best "Get Fit" plan for YOU.

45 min. Session \$99

Massage & Personal Training Prices

	30 Minute		45 Minute		60 Minute	
	Member	Non-member	Member	Non-member	Member	Non-member
1 Session	36	39	49	52	66	69
*4 Pack	138	150	188	198	252	264
**8 Pack	264	288	360	384	480	504

*Must be used within 6 months of purchase

**Must be used within 12 months of purchase

Non-transferable to any other Stay Fit service or purchase

www.stayfitpt.com