

Mommy-Moves™ & Kids-Move™ Winter Schedule Jan and Feb 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mommy-Moves Fitness 9:30 AM Brookdale CC Colins Arena	Small Group Classes Set up by apt	Mommy Moves and Sun Yoga FIT FLOW STROLLER CLASS 9:30 AM Brookdale CC Colins Arena	Mommy Moves Fitness 9:30 AM Brookdale CC Colins Arena	Small Group Classes Set up by apt
Weight Loss Call for info	Weight Loss Group Call for info		Kids Move Fitness 9:30 AM Brookdale CC Colins Arena	Weight Loss Group call for info

PRIVATE PERSONAL TRAINING AND NUTRITIONAL COUNSELING ARE ARE ALSO AVAILABLE, PLEASE CALL TO SCHEDULE A CONSULTATION

For additional information on classes and programs please contact:

Mommy-Moves

www.mommy-moves.com

lori@mommy-moves.com

732-539-7711

Kids-Move

www.kids-move.com

mary@kids-move.com

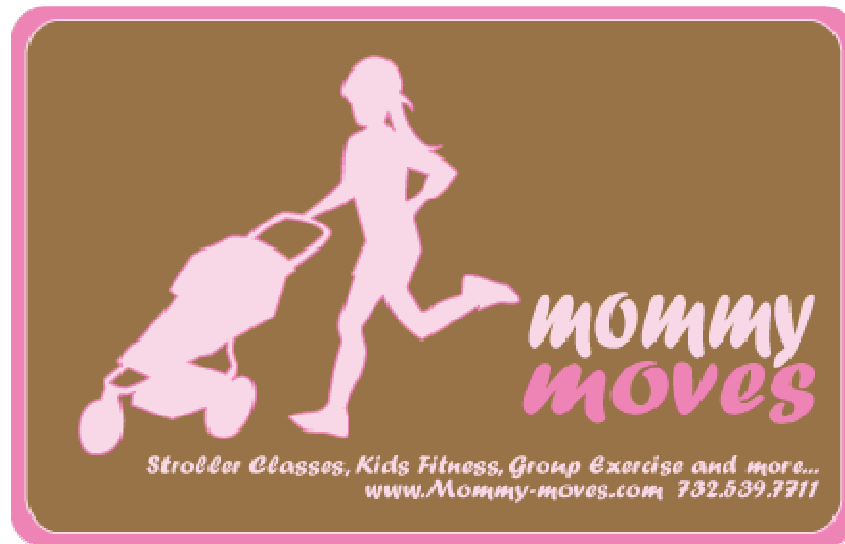
732-320-5166

Little Sun Yoga

www.littlesunyoga.com

info@littlesunyoga.com

917-734-7301



Class Descriptions

MM: Mommy Moves Stroller Fitness Class

Bring your little one and get fit! All levels welcome in the circuit style class that incorporates strength, cardio and core flexibility work. Durable Stroller is required. Please bring water, a mat or towel and anything you need for your child. 1 hour class

FF: Fit Flow Stroller Class

All levels welcome in this fitness and yoga based class. Circuit style class gives you the perfect combo of weight loss and pure zen! Please bring water, a mat or towel and anything you need for your child.

KM: Kids-Move Fitness Class

Ages 3-6. FUN, FITNESS, and NUTRITION, together into one class. Each session will follow a nutrition theme while ur child participates in games and activities that will have them running, jumping, throwing, catching, kicking, balancing and much more!

Runs the same time as Mommy Moves!

Package 1 FIT MAMMA	Package 2 SUPER FIT MAMMA	Package 3 SUPER FIT ZEN MAMMA	Package 4 FIT ZEN MAMMA	Package 5 ZEN MAMMA	Package 6 KID FIT FUN!
1 MM class per week	2 MM class per week	2MM class per week	1 MM class and 1 FF class	1 FF class	Kids Move
\$12.50 a class	\$12 a class	1 FF class	\$12.50 MM, \$15 FF	\$ 15 a class	\$12.50 a class
4 week: \$50	4 week: \$96	\$12 MM, \$15 FF	4 week: \$110	4 week: \$60	4 week: \$50
8 Week: \$100	8 week: \$192	4 week: \$156	8 week: \$220	8 week: \$120	8 week: \$100
		8 week: \$312			Siblings 20% off

Purchase an 8 week session and receive a special FIT mom gift! Purchase an 8 week Kide Move session and receive a super fit kids gift!

Weight Loss Package Descriptions

Package 1

Weight Loss Support Group

4 weeks \$100 10% off additional sessions

Meets once a week for 1 hour

What is included:

Binder of Information

Email Support

2 recipes a week

1 individual follow up between each session

1 group follow up between each session

handouts each session

Package 2

Private Nutrition

4 week session: \$250

8 week session: \$450

ADD A BUDDY

\$175 more for 4 weeks

\$300 more for 8 weeks

Small Group Training

2 people

3-4 people

\$35 pp 4 week min

\$25 pp 4 week min

ADD IN CIRCUIT CLASS TO PACKAGE 1

Option to Add a 30 minute circuit class following the hour nutrition support group session. \$15 per session or an additional \$40

ADD IN BODY ANALYSIS TO PACKAGE 1

Option to Add on - an Assessment - measurements body fat, circumferences and charts to keep track and analyze. \$25 per assessment