

# LET US HELP YOU GET A JUMPSTART ON YOUR NEW YEARS RESOLUTIONS!

Do something about that New Years Resolution to get yourself fit in 2012! The Tri-Valley Fitness Center is the perfect place to start working toward your fitness goals for a healthier and more energetic you! We are a complete fitness center. Our facility features a workout area

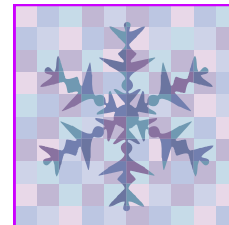
complete with CYBEX weight training equipment, treadmills, elliptical machines, as well as exercise and recumbent bikes. PLUS, we have two indoor basketball courts and a two-lane indoor track all with seamless, poured rubber surfaces to make exercising easier on your bones and

joints. The Tri-Valley Fitness Center prides itself on providing a clean, friendly, well organized environment that is welcoming to people of all ages, shapes and sizes! Stop in and see us and find out why we are the best fitness value in the area!

## WE NOW OFFER 3 FREE CARDIO CLASSES EVERY WEEK FOR OUR MEMBERS!

We are excited to offer three cardio classes every week to help our clients improve their cardiovascular health! Starting January 9th we will offer Cardio Hip-Hop on Monday evenings from 6-7 p.m. We continue to highlight our Wednesday nights with Cardio-Kick from 4:30-5:30 p.m. And, if you are looking for a way to spice

up your exercise routine you can join us for ZUMBA on Saturdays from 9-10 a.m. All classes are absolutely free to our members! Non-members are welcome to participate too at a cost of \$3.00 per class. Exercise is proven to improve both your mental and physical health. Every class we have can be adapted for your ability level. Plan now to join us for a class!



### URGENT NOTE TO PARENTS:

Students being dropped off at the Fitness Center unsupervised MUST BE 12 or older. For everyone's safety, any student who fails to abide by the posted rules will be asked to call their parents.

## GIVE YOUR CHILD A BIRTHDAY PARTY THAT THEY WILL NEVER FORGET!

*Have your Birthday party with us! We provide you the use of our great facility, a staff member to run your party and two organized fitness activities!*

*You provide all of the food, beverages and party supplies. We even handle all of the cleanup! Party times available are Saturdays at 5, 6:30, and 8 p.m. Sundays at 4, 5:30, and*

*7 p.m. Cost is \$60.00 per hour with a maximum party length of 2 hours. Call and schedule your party today to make sure that the date you want is available.*

### COMING IN FEBRUARY...

- \*New activities like Workout Circuits and VolleyRacket! (watch for details!)
- \*\*"Little Pups" Instructional Basketball for kids in Grades K and 1
- \*New equipment like medicine balls, kettle balls and exercise tubing!

### COSZACKS KARATE DRESDEN IS OFFERING A JANUARY SPECIAL

Any new student who registers for the Club and purchases a 10 pack of prepaid classes within the month of January will receive a FREE uniform! Plus...if you purchase a 10 class packet you will receive one free bonus class! Existing students who bring in a new student will receive TWO FREE CLASSES! Karate is held every Tuesday and Thursday from 6-7:30 p.m. Call Sensei Brad with questions at 740.819.4852.