

Monday-Thursday 6:00am-8:00pm ~ Friday 6:00am-7:00pm ~ Saturday 6:30am-12n ~Closed Sunday

~ September 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Open Gym when no class in session				1 *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	2 6:00am Bootcamp 5:45pm Funky Fit w/Shamia	3 7:00am Walk 2 Run Club (Student-Lead) 8:00am Functional Group Training Experience 9:05am Funky Fit w/Nettie 10:05am Functional Group Training Experience 11:05am Pilates w/Shamia	
	4	5 LABOR DAY 11:00am Functional Group Training Experience 12n Funky Fit w/Nettie	6 6:00am Functional Group Training Experience *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	7 6:00am Bootcamp 12n Funky Fit w/Veneka 5:00pm Funky Fit w/Veneka 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	8 *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	9 6:00am Bootcamp 5:45pm Funky Fit w/Shamia	10 7:00am Walk 2 Run Club (Student-Lead) 8:00am Functional Group Training Experience 9:05am Funky Fit w/Nettie 10:05am Functional Group Training Experience 11:05am Yoga w/Nettie
	11	12 6:00am Bootcamp 5:00pm Functional Group Training Experience 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	13 6:00am Functional Group Training Experience *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	14 6:00am Bootcamp 12n Funky Fit w/Veneka 5:00pm Funky Fit w/Veneka 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	15 *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	16 6:00am Bootcamp 5:45pm Funky Fit w/Shamia	17 7:00am Walk 2 Run Club (Student-Lead) 8:00am Functional Group Training Experience 9:05am Funky Fit w/Nettie 10:05am Functional Group Training Experience 11:05am Pilates w/Shamia
	18	19 6:00am Bootcamp 5:00pm Functional Group Training Experience 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	20 6:00am Functional Group Training Experience *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience3	21 6:00am Bootcamp 12n Funky Fit w/Veneka 5:00pm Funky Fit w/Veneka 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	22 *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	23 6:00am Bootcamp 5:45pm Funky Fit w/Shamia	24 7:00am Walk 2 Run Club (Student-Lead) 8:00am Functional Group Training Experience 9:05am Funky Fit w/Nettie 10:05am Functional Group Training Experience 11:05am Yoga w/Nettie
	25	26 6:00am Bootcamp 5:00pm Functional Group Training Experience 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	27 6:00am Functional Group Training Experience *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	28 6:00am Bootcamp 12n Funky Fit w/Veneka 5:00pm Funky Fit w/Veneka 6:05pm Funky Fit w/Nettie 7:05pm Functional Group Training Experience	29 *6:00pm Funky Fit w/Nettie @ Wallace Pruitt Rec. 440 Tuckaseegee Rd. 6:30pm Functional Group Training Experience	30 6:00am Bootcamp 5:45pm Funky Fit w/Shamia	Notes: *All Classes at the Studio Unless Otherwise Noted

Contact Us Toll Free 1.866.992.1972 or Local 704.334.4848 or www.nshapewithn.com

Annual Membership Options

One-on-One Personal Training – Call for Consultation (704) 334-4848

Train PRIVATELY 1 on 1 for 24 weeks with our BEST CERTIFIED TRAINERS. You determine the number of sessions and we create a classified program designed especially to reach your goals. Days and times are flexible - we work around your schedule.

- Desired number of sessions per week
- **Group Functional Training Experiences** (sessions)
- **Open Gym Membership**
- **Group Fitness** Classes
- **Weight Management** and **Journal**

Semi-Private Personal Training

During your semi-private personal training sessions, you will meet with 2-6 other teammates for a great workout with one of our certified trainers. In this personalized setting, you will be able to perfect your technique and be exposed to in-depth instruction. **Semi-Private Personal Training times are Mondays 6am, Tuesdays 5:00pm, Wednesdays 1pm, Thursdays 6am, Fridays 4:30pm and Saturdays 7am.**

Performance Member- \$149 month

- An Individualized Program Design
- 1 Semi-Private Training session per week
- **Open Gym Membership**
- **Group Functional Training Experiences** (sessions)
- **Group Fitness** Classes

Elite Member- \$280 month

- An Individualized Program Design
- 2 Semi-Private Training sessions per week
- **Open Gym Membership**
- **Group Functional Training Experiences** (sessions)
- **Group Fitness** Classes

Group Functional Training Experience

The unique structure of our groups allow you to maximize the benefit of your program and take full advantage of our expert certified personal training staff who resides over each session. Each workout is designed to increase your functional strength, reduce injuries, and boost your metabolism. Each membership includes a **FREE** Nutrition Consultation.

This is THE best fat loss workout available! **\$20 per session, \$189 for 10 sessions, \$250 for 3 months, \$492 for 6 months or \$79 monthly for one year.**

- **Group Functional Training Experiences** (sessions)
- **Open Gym Membership**
- **Group Fitness** Classes

Open Gym



Can't make it in for a session? Workout on your own with our "open gym". Simply come in and perform your custom designed workout. Remember, we will design your monthly schedule for you and provide a program that is specific to your goals. Don't forget, you'll get an updated program monthly.

Funky Fit \$5 per class, 10 classes for \$40, or \$30 per month

A fun filled and invigorating workout which includes moves that are versatile, hip, positive, fun and allows you to work at your own level. You will be addicted!! No impact, low impact and high impact versions taught in every class and on every Chronicle DVD.

Nutrition Counseling

Make no mistake about it; your being fit is contingent upon your nutrition. Allow our nutrition expert to guide you in the right direction. After all, you are what you eat. Call for a **FREE** consultation TODAY.

Boot Camp \$199

Get your Vitamin D - naturally! Nettie's **ULTIMATE BOOTCAMP** is designed to get you outdoors - wake you up, shake you up and weigh you down! Join us for 6 weeks and you'll be tight, toned & strong! Our no-joke **BOOTCAMP** will include out of the ordinary exercises with adventurous tools. This always proves to be an awesome experience - leaving you most empowered!