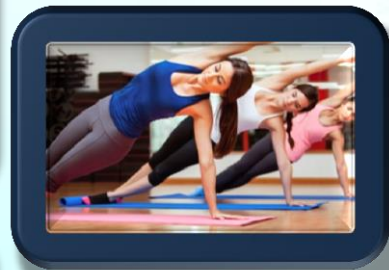




**AEROBIC ATLANTA**  
FITNESS PROFESSIONALS



# AEROBIC ATLANTA

## WHO WE ARE

With over 20 years of experience serving Atlanta's Fortune 500 companies, Aerobic Atlanta is Your Wellness Amenities Expert!

- **Who we are:**

We are an innovative instructor placement service for corporate fitness centers that want to offer their clients more than just the standard. We currently represent over 30 premier corporations, apartment communities, property management companies and private facilities! Our impressive client list includes: Piedmont Hospital, WellStar Health Systems, Home Depot Corporate, Lenbrook Senior Residences, Gables Residential and more.

- **What we do:**

We have been staffing fitness centers with qualified amenities directors, nationally certified aerobic instructors, personal fitness trainers, tennis pros, nutrition specialists, massage therapists, and on-site fitness associates for over twenty years. Our staff includes some of the most noted names in the industry, ensuring that your fitness center professionals will bring years of experience and expertise to your establishment.

- **What to do next:**

To set up a free consultation on-site or start designing your personalized wellness program services, please contact us today at 678-414-8416. We look forward to hearing from you and launching your exciting new wellness amenities!

Yours in Fitness,

*Lanida Soler*

Lanida Soler

Corporate Fitness Director

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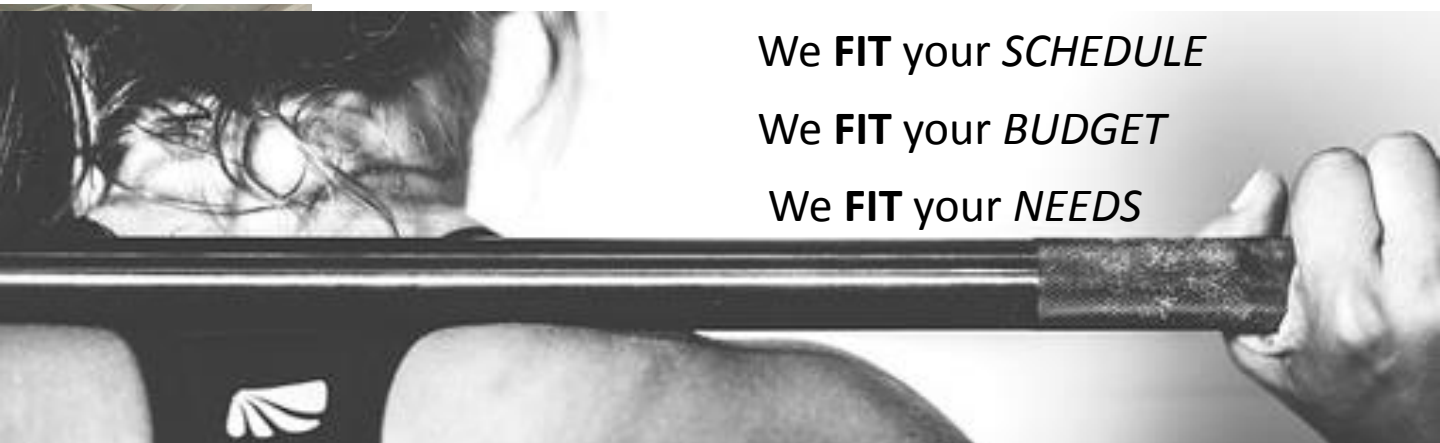


FITNESS PROFESSIONALS!

AEROBIC ATLANTA

# WE PUT THE FIT BACK IN TO *FITNESS*

## DESCRIPTION OF OUR SERVICES



We **FIT** your *SCHEDULE*

We **FIT** your *BUDGET*

We **FIT** your *NEEDS*

Aerobic Atlanta strives to provide its clients with highly qualified and motivated on-site instructors.

We require national practitioner certifications such as **AFAA**, **ACE**, **IDEA**, and **ACSM** for our independent contractors as well as American Red Cross or American Heart Association Adult CPR certification.

Staffed with over 100 fitness professionals that receive ongoing education in the field, Aerobic Atlanta will deliver the most up-to-date instruction to your wellness program. Equipment is also available for rental.

### CONDITIONS & RESPONSIBILITIES

- Aerobic Atlanta will take full responsibility for our assigned classes and any substitute situations as they arise so that classes proceed without interruption.
- Aerobic Atlanta will be responsible for hiring, training, and compensating the professional instructors that we employ.
- As insurance concerns arise, we will only be responsible for professional liability on our employees and contracts. For this purpose, we carry \$3 million in professional liability insurance to our instructors.
- A record-keeping system will be maintained and will include daily member sign-in sheets (with a "release from liability" clause) to track class attendance. Additionally, a health questionnaire with medical release may be provided for new members upon request.

### PRICE SCHEDULE & BILLING INFORMATION

- Price will vary upon location. Once a program is defined, price can be determined and quoted with hourly, weekly, monthly, or "by the session" rates as they apply. Monthly invoices will be mailed on the first of the month, with payment due no later than the 30<sup>th</sup>/31<sup>st</sup> day of the month.



# GET FIT & HAVE FUN WITH THESE SPECIALTY CLASSES AT YOUR ON-SITE AEROBIC ATLANTA FITNESS CENTER



## CLASS DESCRIPTIONS:

**ZUMBA:** A revolutionary dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms. The latest Latin rhythms and moves incinerate calories and tone your entire body in an exciting and fun aerobic workout.

**BOOTCAMP:** The ultimate class for total body conditioning. The class combines military-style conditioning and sports specific drills from soccer, basketball, kickboxing, skiing, and others. Also included are basic strength and toning exercises such as pushups, dips, lunges, and more!

**AFRICAN DANCE:** A dance fitness class that simplifies traditional African dance moves for everyone to enjoy! Participants will learn movements, routines, and choreography while improving cardio endurance, strength, flexibility, coordination and more. This class is also for Special Events and may include live drums for an additional fee \$20 fee.

**TURBO KICK/KICKBOXING:** The ultimate cardiovascular challenge with sports-specific training, bouts of intense kickboxing intervals, and easy-to-follow combinations. Also included are kickboxing-specific strength and endurance training, toning exercises, and a final stretch.

**NUTRITIONAL WORKSHOP/SEMINARS:** Let our fitness experts answer your toughest nutrition questions and help you achieve your healthy eating and weight loss goals. Sessions can be adapted as needed to focus on specific group interests and requested hot topics.

**SENIOR FITNESS CLASSES:** Classes incorporate lower-intensity exercises and may include chair-based exercises for the mature adults. Potential specialized senior classes include Water Aerobics, Senior Yoga, and Senior Stretch.

**YOGA:** Yoga involves all levels of fitness with a variety of postures. The main emphasis is blending physical and mental conditioning through poses, stretching, and relaxation techniques. Yoga increases flexibility while building strength muscle stamina through the various poses and postures performed. Yoga has also been shown to improve posture rejuvenate energy levels, relieve stress and reduce fatigue. All levels are welcome!

**PILATES:** Mat classes provide a low-impact workout that focuses on the core muscles, including the abdomen, back and buttocks. While the movements may look simple, they are actually a very challenging and effective method of training the core as well as other muscles throughout the body. Pilates can help participants achieve better posture, create lean muscles, and increase flexibility. These classes are great for both beginner and advanced participants, since most exercises are performed on the floor and are easily modified to one's fitness level. This class is a great "no sweat" lunchtime workout!

**YOGALATES:** A combination class incorporating both Yoga and Pilates disciplines.

**GROUP STRENGTH TRAINING/PERSONAL TRAINING:** A certified trainer will educate participants on how to safely and effectively use the fitness center equipment. One-on-one sessions are also available with personal trainers for an additional fee.

# SPECIALTY CLASSES



## CLASS DESCRIPTIONS CONTINUED...

**CREATIVE CARDIO:** An energetic, upbeat Hi/Low impact dance aerobics class that is sure to get your body moving! A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises for a superior total body workout. Also try Cardio Funk or Salsa Aerobics for a fun twist!

**BODY SCULPT:** A great lunchtime workout – without all the sweat! Hand weights are used to work major muscle groups in the arms, back, chest, legs, etc., while floor exercises tone problem area such as the hips, thighs, abdominals, and buttocks. Also try Butt n' Gutt or Extreme Abs for similar sculpting results. Equipment rental is also available.

**STEP AEROBICS:** An intense aerobics class using the Step. This class burns 30-60% more calories, than traditional aerobics with particular emphasis on the hips, thighs, abdominals, and buttocks. Also try Step Interval, which incorporate dumbbells, to intensify results. Equipment rental is also available.



**TAEKWONROBICS/KICKBOXING:** Get a kick out of getting fit and burn up to 400 calories per hour! This class includes aerobics combined with boxing and traditional arts movement. Constant low-centered movements will strengthen and tone your muscles, while a variety of kicks will develop killer legs and give your heart a great cardio workout. Great for men AND women!

**AQUA AEROBICS:** An aerobic class in the water that utilizes buoyancy to provide a virtually impact-free cardiovascular workout, significantly reducing stress on the joints and minimizing muscle soreness. Because water creates twelve times more resistance than air, aquatic training has great potential for muscle definition.

**SPINNING:** An aerobic class "on wheels"! Participants use the stationary cycle to simulate a real world bicycle obstacle course complete with hills, valleys, sprints, and more.



**TENNIS:** A professional tennis coach will lead clinics for children or adults on the mechanics of the game of tennis. All levels of training are available!

**SCIENTIFIC TESTING:** Computerized Fat Percentage Testing and Heart Rate Testing available by request.

**PROFESSIONAL WORKSHOP:** Adult CPR Certification Courses, Challenge Tubing Workshops, and Health Fairs can be scheduled upon request .



**SPECIALTY RENTALS:** In addition to equipment for most classes, a Smoothie Bar is also available for rent.

# SENIOR CLASSES

## CLASS DESCRIPTIONS



**ZUMBA GOLD®:** Perfect For Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. How It Works The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Benefits Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**GROUP STRENGTH TRAINING:** A certified personal trainer will educate the participant on how to safely and effectively use the fitness center equipment.

**SENIOR AEROBICS:** A very low impact aerobics class, designed with special consideration for the senior population and includes cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position



**AQUA AEROBICS:** Great for all fitness levels. Buoyancy makes impact % lighter than on land. Less stressful on joints. Water creates 12 times more resistance than air. You get twice the muscle definition in half the time. Massages the muscles while working out, less soreness.

**MAT SCIENCE AND PILATES:** Mat classes are the no stress workout that focus on the core muscles-the abdomen, back, buttocks. Pilates with the Allegro Reformer as well as the traditional mat classes are great for core conditioning work and help participants achieve better posture, lean muscles and increased flexibility. *Equipment rental available*



**TAI CHI:** Tai Chi with has proven to be one of the most powerful, yet gentle ways to rejuvenate the body and maintain and restore health. It combines smooth and circular body movement with mental relaxation and focus to help lower blood pressure, increase circulation, and open joints heal injury and relieve arthritis. This program is designed to be easy for anyone, so that the mind and body are free to relax, feel and enjoy the power of Tai Chi. *May require additional fee.*

**HATHA FITNESS YOGA:** Involves all levels with a variety of postures. The main emphasis is on blending philosophies of physical and mental conditioning through stretching and relaxation. Yoga increases flexibility, while building strength and stamina through various poses and postures. Yoga also helps improve posture, rejuvenates energy level, relieves stress, and reduces fatigue and/or chronic pain.



**REEBOK BODYWALK PROGRAMS:** An educational class packed with helpful information on building a walking program to achieve personal goals; stretch routines, lower body strengthening techniques, and lots of information to keep the class moving! *Handouts included*

**SIT-N-CISE:** Designed with special consideration for the handicapped senior population in mind, Sit-N-Cise includes sketching, flexibility, and strengthening segments which are performed in a seated position.

**ZUMBA SENTAO:** Perfect for people who want to get some serious (core) work done. Pull up a chair and tone your entire body. How It Works Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process. Benefits A unique way to challenge the muscles of the body without having to lift weights.

