

OCTOBER

30 Day Food Challenge

It's that time of year and everyone is attempting to get back in to a routine! We have a challenge for you this month to help get you eating cleaner and feeling better!

LIMIT THE FOLLOWING

- Salt
- Caffeine (max 1 cup of coffee per day)
- Alcohol (max 2 drinks per week)

OMIT THE FOLLOWING

- Soda
- Juices and Sugary Drinks
- Fast Food
- Packaged Snacks and Sweets
- White Rice, Pasta and Bread
- Fatty and Processed Meats

ADD THE FOLLOWING

- 8-10 Glasses of Water
- At Least 4 Servings of Vegetables Each Day
- Protein With Each Meal

TREADMILL TORTURE

Halloween is coming! Next time you go to reach for those mini candy bars remember that it takes a killer treadmill run like this to burn off only 3-4 of those mini sized treats! Is it really worth it?

7 minutes: 2 incline, 1 minute at each speed

5.0, 5.5, 6.0, 6.5, 7.0, 7.5, 8.0

7 minutes: repeat the following for 7 minutes

- 1 minute @ 8.0mph
- 1 minute @ 5.0mph

7 minutes: repeat the following for 7 minutes

- 40 seconds on, 20 seconds off
- 6 incline/7.0mph

7 minutes: repeat the following for 7 minutes

- 30 seconds on, 30 seconds off
- 7 incline/7.5mph
- Finish with a cool down walk.

Group Classes

In addition to our personalized training sessions, we have some great group classes to offer this fall. Log in to our website or download the MindBody App to have up to date information of classes offered.

SunRiser Bootcamp: 45 minute intensive full body workout incorporating all areas of fitness. Class run by Amy and Shane Tuesday and Thursday mornings at 6:15am.

Evening Bootcamp: 60 minute full body, power packed, high energy class! Class run by Christine Thursday evenings at 7pm.

Xtreme Cardio Class: The main goal of this class is to elevate your heart rate for the entire 60 minutes! Burn up to 1000 calories and rev up your metabolism for the rest of the day. Class run by Amy or Addi Saturday mornings at 8am.

Circuit Class: 60 minute total body circuit class that incorporates full body strength and cardio. Class run by Christine Sunday's at 11am.

Total Body Bootcamp: 60 minute total body killer! Get it all in this intense 1 hour workout. Class run by Addi Monday and Wednesday evenings at 7pm starting October 12th.

Visit our facebook page or schedule for start dates and times.



Fall Fitness Challenge!

Myzone users...accept the challenge this October and earn your way to 3 free training sessions! The person with the most MEPS in the green, yellow and red zone from Oct 1-Oct 31st wins! Look for the invite on your Myzone app. Don't have a Myzone monitor yet? Get yours in studio today and start tracking your fitness the right way!



Have you downloaded the MindBody App? Booking appointments with Pro-Fitness couldn't be easier

Schedule Changes

- October 3rd: no 1pm or 2pm appts
- October 10th: closed

Check us out on Facebook and Instagram!

Member Referral Program!

Refer a friend to any of our personalized training packages and receive **3 free sessions!**

MYZONE Movers of the Month for September

Shane Munson
Narda Narick