

WELCOME

Two free training sessions and explanations of all our exercise equipment are included with any membership.

And feel free to consult with one of our fitness experts about conditioning specific muscle groups, sports training, overall weight reduction—we have all the answers to your questions.

Personal Training

Groups or one-on-one sessions with a fitness professional, by appointment, with an exercise program designed for your specific fitness goals, be it weight loss, muscle toning, or simply maintaining a healthy lifestyle—all with your personal limitations in mind.

Circuit Training

A “quick workout” training routine that takes the participant through a series of stations, working all parts of the body with brief rest intervals between stations. Emphasizes both muscular endurance and aerobic conditioning via an efficient routine. Good for people on the run.

Free-Weight Training

The major advantages of free-weight training are progressive resistance, a wide variety of exercises, unlimited movement patterns and the incorporation of assisting muscle groups for balance and stability.

All free-weight exercises should be performed through an optimal range of movement, with controlled movement speed.

Sport Training

Specific training for the athlete interested in improved performance.

Post-Rehabilitation

For sports and injury rehabilitation patients who want to continue physical recovery and improvement with no risk of further injury.

Olive's TRAINING Studio & FITNESS CENTER

Healthy Lives One Step at a Time



PRICES:

Fitness Center Memberships:

- \$75 enrollment fee
- \$25 per month - \$15 per month extra per family
- \$300 per year - enrollment fee waived
- \$225 for 6 month membership

Month-to-Month Membership:

- \$70 for first and last month (paid the first month)
- \$35 per month

Guest Fee:

- \$8 per visit or
- \$20 for four guest passes

Training Classes:

Please call for current class schedule

- \$100 for 8 classes - members
 - \$120 for 8 classes - non-members
- (minimum five students: prices increase for four students or less)

Personal Training:

By appointment only

- sport/post-rehab/just to be healthy
- \$50 per hour
- \$320 for package of 8 one-hour or 16 half-hour sessions:

HOURS:

Mon - Thurs: 7:00 am - 9:00 pm
Friday: 7:00 am - 8:00 pm
Saturday: 8:00 am - 4:00 pm
Sunday: C L O S E D
Before 7:00 am by appointment only

Hours subject to change per membership request

Due to insurance liability issues, any child 13 and under will only be granted access to the facility as a class participant or a personal training client.

OLIVE GARCIA...

is a fitness professional and rehabilitative exercise specialist with fifteen years experience offering personal physical training. She is certified through the American College of Intergrative Medicine, and has also earned PFIT certification.

She can not only set you up with a workout specific to your goals, but can provide tips on nutrition and supplements to help enhance your entire fitness experience.

“Her happy, positive spirit is infectious.”

B. Gravett

“She is highly professional and knowledgeable.”

M.M. Lobb

“She’s the reason we keep coming back!”

S. Smith

“Olive has helped me with my rehabilitation of a dislocated hip. With her assistance I have been pain free.”

L. Bykin

“I consider my investment in money, time, and commitment with Olive Garcia to be unquestionably wise.”

Theresa Strong

“Olive works equally well with people of all ages and physical conditions, from young people interested in bodybuilding, to older people in all stages of infirmity.”

E. Johnson

QUESTIONS?

Call Olive Garcia at 281-461-8575

