

F.I.T.

Forever In Training F.I.T.

Forever in Training will provide you with rewarding yet critical exercises that encourage an active and healthy lifestyle. Nutrition guidance will also be offered. As a F.I.T member you will be able to take advantage of special exercise classes designed with your individual needs and goals in an environment that encourages participation.

Health is more than the absence of disease. With proper nutrition coupled with exercise your lifestyle will become a healthy and happy one.

We must take charge of our daily lives and make exercise a habit. Like money that grows when we put it in savings, daily activity adds up to improved health today and a healthy future.

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F.I.T Class Schedule

Monday & Wednesday
10:30 - 11:30

This exciting Aerobic Training Workout will include a *cross training* format which will get your heart rate up thus raising your metabolism (burning fat). We will use *weights* and *resistance bands* to increase muscle mass and strong bones.

F.I.T. will focus on the following:

- Lean Body Mass
- Flexibility
- Posture
- Balance
- Movement for Brain Training

F.I.T.

Why Join F.I.T.

As long as you are living on this earth you are in training for something. Forever In Training might sound like a life sentence of hard work but let's consider the alternative. Never in training?!!

If you do not train your body you lose your physical capabilities.

If you do not constantly train

your mind you lose your mental capabilities. And if you do not constantly train your heart and soul you lose your spiritual capabilities.

In other words, if you don't use it you lose it!



F.I.T. CLASS

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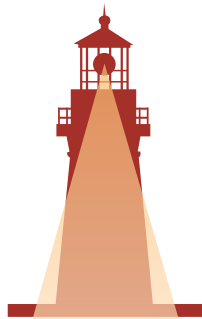
All classes will be held at:
KH Fitness
3400 S. Broadway Ave
Tyler, Texas 75701
903.581.0404

Cost:

F.I.T. Class \$60 per month
KH Membership \$25 per month

Total to be paid each month: \$85

*All members are invited to participate in a
Yoga Class on Friday's at no extra charge.*



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Meet Your Trainers

Cathy Parsley

F.I.T. Director & Trainer

Kathy brings with her over 35 years experience to the fitness industry.

Certifications

- ~ Cooper Certified Personal Trainer in Biomachines in Resistance Training
- ~ Fitness Specialist in Senior Programming from the Cooper Institute
- ~ Cooper Certified Group Training Specialist
- ~ Studied Nutrition at Cooper Aerobic Center
- ~ Many hours of continued education at fitness seminars and trade shows in Chicago & San Francisco

Charletta Jeffers

F.I.T Fitness Trainer

Certifications

- ~ Certified Fitness Specialist in Senior Programming from the Cooper Institute
- ~ Certified personal trainer from Exercise Science Alliance
- ~ Trainer for Garden Estates Assistance Living Grande
- ~ Trainer for Angelina House in Jacksonville
- ~ Trainer for Atria Village on Copeland in Tyler

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CLASS