

J & E Fitness Program

2009-2010 Fall Schedule

Other Programs

- **Flip Kids** - A complete pre-school program for your child to increase their independence & self-esteem.
- **Flip Gym** - A complete gymnastics program for your child to increase their gymnastics on olympic events.
- **Cheerleading** - Flips offers competitive cheer squads along with cheer specific tumbling classes.

Fitness Classes

7-12 yrs old

| | |
|----------|-----------|
| Tuesday | 4:30-5:30 |
| | 6:30-7:30 |
| Friday | 5:30-6:30 |
| | 6:30-7:30 |
| Saturday | 1:00-2:00 |
| | 2:00-3:00 |

Performance Classes

14-18 yrs old

| | |
|-----------|-------------|
| Monday | 3:30-4:30 |
| Tuesday | 3:30-4:30 |
| Wednesday | 3:30-4:30 |
| Thursday | 3:30-4:30 |
| Friday | 3:30-4:30 |
| Saturday | 9:30-10:30 |
| | 10:30-11:30 |



Fitness Classes

13-18 yrs old

| | |
|----------|------------|
| Tuesday | 5:30-6:30 |
| | 7:30-8:30 |
| Friday | 4:30-5:30 |
| | 7:30-8:30 |
| Saturday | 12:00-1:00 |
| | 3:00-4:00 |

Wait Lists are available for closed classes

FLIPS EXPRESS

Take any 3-4 classes for \$120.00

Professional workout programs for all classes with regular testing for tracking improvement.



| J & E Fitness Tuitions | |
|-----------------------------------|---------------------|
| Length of Class | Monthly |
| 1 cls per week | \$ 50.00 |
| 2 cls per week | \$ 80.00 |
| 3-4 cls per week | \$ 120.00 |
| | 2-month by the 10th |
| | \$ 95.00 |
| | \$ 150.00 |
| | \$ 220.00 |

Tuition is constant regardless of number of classes each month.
 Annual Registration fee of \$35.00 applies to all students.
 Tuition not paid by the 10th of the month is subject to a \$15 late fee, all discounts are not valid after the 10th

Special Events

Open Gym - Saturday 5:00-7:00
 \$8 for members (tuition must be up to date)
 \$10 for non-members

Performance

Programs:

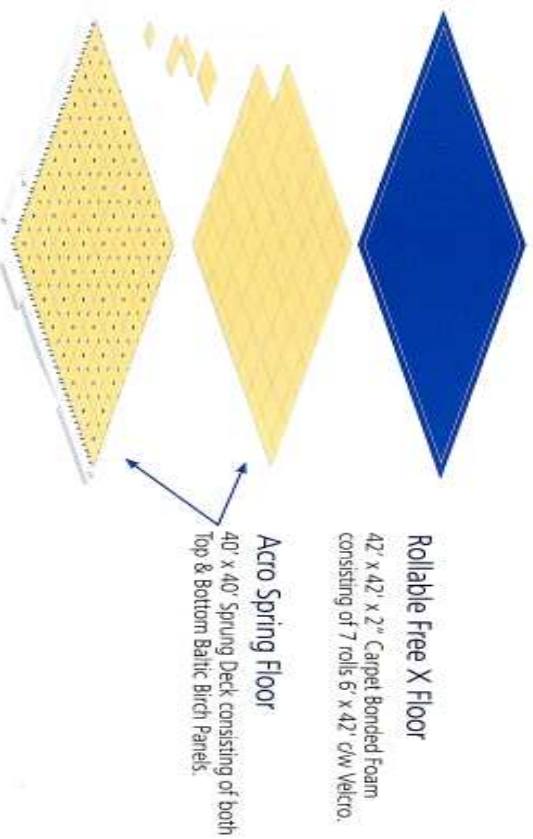
- Separate classes for athletes that want that extra edge in their sport.
- Exercises will use the athlete's own body weight, no machines will be used.
- Trainers will supervise all workouts with regular "testing" to track the child's progress.
- Classes are an hour in length.



Components of the Coil Steel Sarrina Floor

Fitness Classes:

- An introduction to a healthy life-style through Fitness.
- Exercises will use the athlete's own body weight, no machines will be used.
- Trainers will supervise all workouts with regular "testing" to track the child's progress.
- Program goal is to provide an opportunity to increase the child's strength, flexibility, self confidence, courage and coordination.
- Classes are an hour in length with 45-50 minutes spent on conditioning and the last 10 minutes on trampoline and/or rockwall.



Rollable Free X Floor
42' x 42' x 2" Carpet Bonded Foam consisting of 7 rolls 6' x 42' CW Velcro.

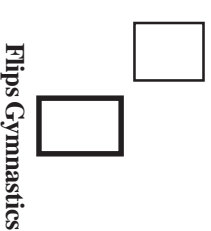
Acro Spring Floor
40' x 40' Sprung Deck consisting of both Top & Bottom Baltic Birch Panels.

Special floors for training children in a safe manner.

Lockport Road (Rt 93)

Transit Road (rt 78)

Millersport Hwy.
County Road



Children's Fitness classes available through a partnership with **Made-2-Move fitness.**



Flips Gymnastics & Sport

6017 S. Transit Road
Town of Lockport

433-8811

www.J-ETfitness.com

FAMILY OWNED SINCE 1971