

Spring Newsletter

Nutritional Counseling

*We offer services for a wide range of medical concerns including weight management, childhood obesity, diabetes, eating disorders, digestive diseases, sports nutrition and much more.

*Would you like a true understanding of nutrition?

*Would you like an evidence-based nutrition program?

*Would you like lifelong solutions to specific nutritional concerns?



Personal Training

We provide a full fitness evaluation which includes a cardiovascular test, postural analysis, body composition, muscle imbalance assessment, balance test, blood pressure, resting heart rate and strength test. Based on these results, we can give you a specific exercise program to meet your goals.

Group Classes

Bring a friend and start a class!

You pick the time and the class.

Class Types:

Circuit Training

Toning

Core & More

Cardiovascular Conditioning

Body Composition

Includes:

Weight

Body Mass Index

Body Fat Percentage

Lean Muscle Mass

Fat Mass

Total Body Water

STOP IN AND TAKE A TOUR!

Yoga

A mix of breath work, meditation in motion, yogic philosophy, and anatomy in each of the classes. The classes are mostly in the tradition of Kripalu Yoga, but Amy has taken the parts of other traditions that she loves so much to create a well rounded class. The classes are safe and effective for every age and every body type.

Receive 5 % off of all services!

Expires May 15, 2008

Bring a friend and receive 10% off of any group class



Retail Store

1. Heart Rate Monitors
2. Pedometers
3. Water
4. Foam Rollers
5. Vitamins & Supplements
6. Therabands
7. Gatorade

Class Schedule

Monday

12:00 PM Lunch Hour Toning

Tuesday

6:30 AM Yoga

9:00 AM Heart Rate Monitoring Walking Class

5:30 PM Yoga

Wednesday

12:00 PM Lunch Hour Toning

Thursday

6:30 AM Yoga

9:00 AM Heart Rate Monitoring Walking Class

Friday

12:00 PM Lunch Hour Toning

OR BRING A FRIEND AND START YOUR OWN CLASS!

Upcoming Events

Summer Camp

Children Aged 6-12

July 21st-August 1st

Activities:

- Hands on cooking
- Fitness Obstacle Courses
 - Morning Walks
 - Yoga
 - Karate

Visit Our Website at

www.advantagenutritionandwellness.com