

SEPTEMBER PROGRAMS

Available to the Bozeman community. Call for more information

It's time to celebrate fall! This fall marks my 30th year of working in the fitness industry and I'm excited for what it brings. Fall has always marked exciting things in my life. I was born in the fall, I was married in the fall, we started The Club in the fall and countless other milestones have occurred in the autumn months over the years.

This fall, I am most excited about our new Corporate Fit Challenge (CFC) program and introducing it to other businesses in our area. We just finished the 6 week program with Bio Science Labs and again experienced amazing results. The 30 participants who completed the challenge lost 187 pounds and reaped tons of fitness improvements!

Maury

We'd also like to ask your help in building our CFC businesses. Do you know a business that could use a shape up? Maybe your office? We'd love to reward any successful leads you might have by offering a month of free dues and a training session for your efforts. We'd also like to make you 3 times more likely to achieve your goals with your friends and colleagues.



Check out the new fall programs!

Yoga for Life, Hoop'n, Nordic Walking, Fall Running, Extreme Team, Lean Team, Begin w/Friends...

More coming as well!

See the front desk or our blog for details.

Club Hours:

Mon-Thurs 6:00 am-8:00 pm
Friday 6:00 am-7:00 pm
Saturday 8:00 am-2:00 pm
Sunday 10:00 am-2:00 pm

Do we have your email? Please update your contact info at the front desk

A few components have become apparent as the most effective in helping our corporate participants reach their goals. I thought I would share with you what I've learned and see if it might apply to your fall fitness plans:

- You are 3 times more likely to reach your goals or complete a program when you start with a friend, significant other or workmate. The camaraderie and accountability are hugely beneficial in maintaining your progression.*

- Having a start date and an end date and a way of assessing the progress you've made is essential in making lifestyle changes. The 6 weeks time frame that we use for both the CFC and other group programs is the perfect length to give 100% commitment to specific fitness and lifestyle goals.*

- Food journaling is an astonishingly easy way for you to get real about what is happening with your nutrition plan. It doesn't have to be overly complicated. Consistency is the key.*

- A little "cooperative competition" is very motivating and makes both the workouts (as well as the talk) at the office a lot more fun.*