Pilates Session

March Session 5 Weeks (9 sessions)
3/15 – 4/12
Fee-based class with limited capacity. Please sign up at the front desk.

Monday Just Got Crazier!!

Dance your way into the rest of the week by joining the **5:30pm MIXXEDFIT™ class**. Great music, fun dance moves, easy to follow choreography and a great work out!! Can't get there right at 5:30pm? That's okay, just slide on in the door when you can!
Not a dancer? Try the **8am Boot Camp**. A balanced circuit style workout with options for every fitness level. Let the brain rest and the body work and the hour will fly by!

Is your workout routine covering all the components of Fitness?

Cardio
A Strong Heart, Increased Energy, Endorphins, Mood Enhancing, Fat Burning, Endurance Building.

Resistance/Strength Training
Increased Bone Density, Decreased Chance of Injury, Increased Strength for Daily Activities.

Balance and Flexibility
Reduces Risk of Falling, Improves Posture and Joint Alignment, Decreases Risk of Injuries to Back, Hips, Shoulders and Knees.

POULSBO ATHLETIC CLUB
19611 7th Avenue NE ■ Poulsbo, Washington 98370
360 779-3285 fax 360 779-3829
www.poulsboathletic.com

March 2016

Easter Sunday
March 27th
Club Closed

Costco Reception for Staff and Members

Where: PAC Entranceway

When: March 25, 2016

Time: 9am – 12pm

Enrollment Incentives Available for New Costco Members

"Resolution 2016"
Weight Loss Challenge
January 18st – March 24th

We are in the final stretch of the 8-week challenge. The final body composition testing will be March 20th – 23rd. We wrap up the challenge and announce the winner on Thursday, March 24th 6:30pm in the Physical Therapy Office.

PERSONAL TRAINING SPECIALS

- **2 Fitness Assessments and 3 Sessions $250.** This training package offers you the opportunity to assess your current fitness level, set measurable goals, receive a personalized fitness program and retest to measure your results.
- **Fitness Assessment and 6 Sessions $320.** A great starter package for a 6-week goal specific program.
- **8 Sessions $325 or 16 Sessions for $595.** ***Prices do not include sales tax.***

Like Us on Facebook
Facebook.com/PoulsboAthleticClub

Updates will be posted regarding power outages, inclement weather, fitness class changes and club events.