



Small Group Training = Big Results



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There was a time when the rich and famous were the only ones who hired personal trainers.

Not anymore!

Personal training has entered the mainstream and now, with the growing trend of Small Group Training, this customized, personal approach to improving your physical fitness has never been more affordable and accessible—not to mention effective.

Ryan Ojeda, Fitness Director at Tilton Fitness, reports numerous advantages to working out in a small group. “Having others to work out with in addition to an experienced trainer can greatly enhance your training,” Ojeda explains. “Studies show that many people achieve quicker results and stay motivated longer when they



participate in this type of training. Small Group Training gives you virtually all the benefits of working one-on-one with a personal trainer at a fraction of the cost.”

Since variety is one of the keys to success in any exercise regimen, Tilton Fitness offers a wide array of Small Group Training options:

◆ TRX Training

TRX Suspension Training is a revolutionary new training session that is rapidly growing in popularity. Developed by the Navy SEALs and suitable for all fitness levels, TRX Suspension Training uses body weight to safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose.

Margaret DeLury has been taking the TRX Training class since it began at Tilton Fitness in January. She said, “After my first time doing the TRX, I was sore for five full days. I haven’t felt that way in years. That tells me it’s a very effective workout.”

Stacy Rich, a small group training partner of Margaret DeLury’s, is another TRX Training fan. She said, “I’ve been working out regularly for more than 20 years and have never experienced anything like this. I’ve already lost a few pounds and have improved my muscle tone.”

◆ Bootcamp

Free weights and plyometrics in a “Military Style” setting are the tools used to deliver high-powered circuits that attack the entire body in this extremely effective Small Group Training program.

◆ Spinning Fusion

This innovative option combines intense spinning intervals with weight training circuits to pump up the heart rate and maximize fat burning.

◆ Kettlebell Concepts

Kettlebells are one of the oldest tools in weight training. Unlike dumbbells, kettlebells displace weight, so physics forces body awareness and requires you to work against resistance through a longer range of motion. This increases the intensity of your workout and improves flexibility.

◆ Women & Weights

Very often, men dominate the weight benches in a gym while women gravitate to the cardio equipment. Women & Weights teaches the proper way to incorporate weight training into a fitness routine in a one hour total body workout that builds muscle and speeds metabolism.

◆ Core N’ More

Core strength is one of the best ways to assess overall fitness. This program, suitable for beginner through advanced levels, shows the way to a “rock solid” mid-section, while increasing spinal support and total body strength.

◆ Swim-Tech

Advanced swimming techniques are taught in this unique Small Group Training session while the resistance of the water works the entire body.

◆ Xtreme Fitness

This routine was developed to burn up to 700 calories through extreme, high-intensity circuit training that combines cardio, plyometrics and weights into one powerful workout that melts away fat and tones every muscle group.

◆ CrossFit

This proven program is designed for people of all fitness levels and is based on the premise of constantly varied, functional movements executed at high intensities. Boxing, agility drills and full body movements are all incorporated to promote far-reaching overall physical fitness.

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◆ Weight-Loss Challenge

This program combines high-intensity (yet easy to follow) aerobic routines and resistance training to achieve fat loss, muscle building and heart-lung fitness. It is designed to be a non-stop physical and mental challenge.

◆ Fitness Boxing

Certified fitness boxing coaches teach basic punches and footwork utilizing jump ropes, heavy bags and speed bags. Practice drills are incorporated to help increase agility, endurance and coordination and the medicine ball is introduced to work the all-important core.

Tilton Fitness limits the number of people in each Small Group Training session so each participant is guaranteed personal attention and guidance from a team of highly trained, certified fitness professionals.

For more information on Small Group Training at Tilton Fitness, call **609-FITNESS** or visit www.tiltonfitness.com

Julianne Dods is Vice President and General Manager of Tilton Fitness. A lifelong proponent of exercise, she is an advocate and a practitioner of integrating one’s spirit, mind and body for a happier and healthier life.