

These aren't your Grandma's Small Group Classes

WHY WIEFIT SMALL GROUP CLASSES?

**Stop Spinning Your Wheels, literally!
The Science Doesn't Lie!**

**Break Down Muscle Tissue, Burn Fat – It's that Simple!
And make Friends while doing it!**

It's non-debatable. **In conjunction with a healthy diet, resistance training is by far the best way to get lean and grow lean muscle tissue. Study after study confirms this.** Then why do so many companies offer workouts such as the repetitive spin class, to ballet type classes, which falsely claim to be the best for achieving a lean and toned physique? Why do most of the so-called "hottest and newest" workouts have you literally spinning your wheels?

WieFit understands that resistance training with HIIT type cardio is second to none for achieving such a physique. And WieFit will never succumb to the latest fads or novel workouts. WieFit will always follow proven science, and common sense!

All of Wiefit's classes are a combination of resistance and HIIT training. WieFit provides different classes and workouts that will never get old; always mixing it up for the greatest results and muscle confusion. **By doing the same workouts over and over, (such as cycling), your muscles unfortunately get "conditioned" to those repetitive movements. This prohibits the breaking down of muscle tissue which is necessary to grow more lean muscle tissue, thus burning more fat.** By mixing up our workouts and offering a plethora of classes, your body will get the most out of each workout. **We do this in a way that is fun and challenging, while accommodating all fitness levels.**

WieFit classes are kept small to allow our trainers to give each Client the attention they deserve!

Studies have shown that resistance training is best for burning fat, due to increasing metabolism with added lean muscle tissue and the healing of that tissue. WieFit's classes will have your body burning up to 15% more calories over the 24-48 hours AFTER the workout compared to your typical "cardio only" class. This is referred to as MMRR-Metabolic Muscle Recovery Rate. When your muscles are a little sore, just remember it's the healing of that tissue that has your body working for you and burning more calories, all while you are at rest!

To put this in perspective, if a person burns 2000 calories each day at rest, and that person participated in a WieFit Class, they would burn about 500 calories during the workout, **plus 15% more over the next 24-hours due to the healing of the muscle tissue. That equates to 2000 calories (rest), 500 calories (the workout), and 300 calories from the recovery; totaling 2800 calories burned!**

Classes are Free from May 7th through May 20! That's right, Free classes for the entire week!

Pricing – No Contracts, Cancel Anytime!

Monthly Full Unlimited (Best Value)	\$69/mo (as low as \$3/class)
Monthly AM Unlimited	\$49/mo
Monthly PM Unlimited.....	\$59/mo
<i>(Monthly Unlimited Membership is Auto Deduct with a 3-month minimum)</i>	
Intro Week.....	\$10
Single Class.....	\$20
4 Class Pack.....	\$72 (\$18 per class)
8 Class Pack.....	\$128 (\$16 per class)
12 Class Pack.....	\$169 (\$14 per class)

20% off for all High School and College Students!

Refer a Friend, get 10% off for 2 months. Refer 5 friends, get 50% off for 2 months! Refer 10 friends, get 100% off (FREE) for 2 months!

***Cancellation Policy for Monthly Unlimited Membership**

To Cancel your WieFit Small Group Class Monthly Unlimited Membership:

You must provide in person:

- Statement of intent to cancel membership in writing, Name, Address, Phone, Email, Birth date, last 4 digits of Social Security number.

Note: Please make sure your cancellation request (and payment if owed) are received on or before 10 days prior to your billing cycle, or you will automatically be billed for the following month

. Butts & Guts

(50 minutes)

Class Max: 1



This class is just as it says! A class dedicated to enhancing Glutes and Core!

A strong Core is essential for a balanced functional body, and Glutes have the potential to be the strongest muscle in the human body!

Breaking down muscle tissue in your core and glutes allows for muscular growth over the next 24-48 hours following the workout. **With your Glutes being the biggest muscle in the human body, the healing of that tissue will help burn an abundance of calories over the next couple days!**

Look your best with nicely defined Butts & Guts!

This class isn't only about enhancing looks though! **As an athlete, having a strong core and powerful glutes is essential for maximum performance!**

12 Rounds

(50 minutes)

Class Max: 24



12 Rounds combines cardio, resistance training, and self-defense all in one class for a fat burning, lean muscle gaining class!

This 50-minute class is taught by the wonderful Miguel Betancourt! Miguel, completed his bachelors in Exercise Science at NKU, has trained in Kickboxing his entire life, and has taught fit boxing classes over the last few years. This is a circuit training class with 12 different stations. Each station will include a kick-boxing discipline.

This class will continually change to keep things fresh, but to give you an idea, you may spend 3 minutes at each station going hard, with a 1-minute rest before switching to the next 3-minutes station!

As bonus to this class, you will be learning self-defense, while burning fat, increasing lean mass, and improving balance and total body function! This is a perfect class for all genders and ages!

Pooch Power Boot Camp!

(40-45 minutes)

Class Max: 12



Note: You do not have to bring your dog to this class, it is open to everyone!

How often do you rush home to let your dog out, only to leave them again to go to the gym? Don't leave your dog at home! Come join us and "double dip" into your dopamine (exercise and dogs are proven to help release dopamine in the brain)!

This circuit training workout focuses on Cardio and Strength training. Each station has a jumbo carabiner attached to a hook on the wall to allow you to quickly attach your leash and perform the exercise at that station. **Between rounds, you will lightly jog with your dog to maximize our HIIT fat burning methods!**

We ask that all dogs are spayed or neutered, are friendly with other dogs and people, and that you do your best to have your dog go potty before the class begins. But don't worry, we know that accidents happen and we will have clean-up bags, rags, and disinfectant spray readily available!

And don't forget to get your Pooch a High Protein healthy WieFit treat on your way out!

Sled & Shred

(50 minutes)

Class Max: 12



Sled and Shred will be one of our more challenging classes, but don't worry if you are a beginner. We will tell you how to modify the workout!

Pushing and pulling sleds is one of the best exercises when it comes to enhancing a total body workout for fat loss and lean mass gains! But this class is more than just pushing and pulling sleds.

There will be three stations. TRX bands at station 1, resistance training on adjustable benches at station 2, and finally the Sleds at station 3! Class design will always change, but a typical rotation might be spending 5 minutes at each station, then rotating through the stations 3 times!

This class will be led by Drake Bruns. Drake is a WieFit favorite, who graduated from UC with a bachelor's degree in Exercise Science. Drake played football for UC, so he has plenty of experience pushing and pulling sleds!

This class will book up fast, so do yourself a favor and reserve your space well in advance!

Fit Lift

(50 minutes)

Class Max: 16



Fit Lift has become a WieFit favorite. It involves total body resistance training using small barbells. Erin Torrano, who graduated from UK with a degree in Nutrition and Exercise Science will continue to lead this awesome class! The rep ranges are high, so not only will you grow lean muscle tissue, but Erin will see to it that you reach and maintain your target heart rate for optimal fat burning!

This class is easily modified for the beginner by using less weights on the bar, and by decreasing your rep range.

This is another class you may want to book out in advance, as it

fills up and will be limited to a small group to allow Erin to pay special attention to everyone's form while performing the exercises!

This class is great regardless of your fitness level, gender, or age. **This is also a great class for athletes to increase muscle and muscular endurance!**

