



THE LOFT FITNESS CENTER

FACT SHEET

Updated 7/11/06

Age Range

6 years – adult (child-specific classes available)

Director

Stacy Nicolas – a personal trainer; specializes in muscle toning, sculpting, endurance, and aerobics training. She works closely with dieticians and nutritionists, giving members the best overall experience.

Classes:

- ☆ Cardio Trek
- ☆ Ball Blast
- ☆ Kids Fit & Yoga
- ☆ Personal training (individual and partner)
- ☆ Power Pump
- ☆ Yoga/Power Yoga
- ☆ Weight Circuit
- ☆ And many more!

Improves:

- ☆ Mental focus and overall health and well-being
- ☆ Self-esteem
- ☆ Strength
- ☆ Stress and anxiety levels

How Our Program Differs from Others:

- ☆ Small classes with a personal touch – instructors develop personal friendships with members
- ☆ Class requests and modifications – we will start almost any class if at least three people are interested and modify structured classes for each individual
- ☆ Unintimidating – designed for maximum comfort and ease of use by people from all fitness backgrounds; instructors work to ensure that the gym is a place to relieve stress and have fun
- ☆ FREE nutritional seminars and nutrition log assessment
- ☆ FREE monthly measurements and body fat assessments
- ☆ Lower fee structure than most fitness facilities

Scheduling

The Loft is open 8 a.m. – 9 p.m. Monday-Friday and 8 a.m. – 3 p.m. Saturday. Aerobics classes vary based on participation.

Fees

Class fees vary depending on number of months booked. Fees include access to exercise equipment and aerobic classes. Personal training, Jazzercise, and some classes are additional. Contact Everybody Fits at 972-471-2345 for pricing information.

