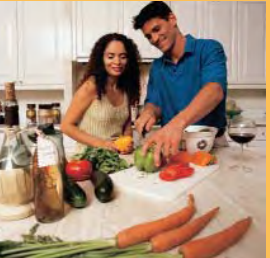


PERSONAL TRAINING
OASIS
GROUP FITNESS STUDIO

HOW you eat is just as important as **WHAT** you eat. At **OASIS** we will train you how to eat as well as how to workout with weights. The most important meal of the day is a **BREAKFAST** fit

for a **KING** because you have all day to use these calories. The word **BREAKFAST** means to **BREAK** the **FAST** – if you have been giving your body food every 2 to 2 1/2 hours throughout the day, the 6-10 hours that you do not eat over



night is considered a fast in the eyes of your metabolism.

Next you will need a snack that will bridge the gap between **BREAKFAST** and **LUNCH**. The **SNACK** is a necessary part of daily nutrition because it keeps the **FIRE** of the metabolism burning.

The **LUNCH** of a **QUEEN** is the second largest meal of the day because you still have half of the day left to burn these calories.

The next **SNACK** is skipped very often although it is the most important snack of the day. Your late afternoon snack is designed to **SPOIL DINNER** and keep your metabolism burning.

The spoiler snack is a set up for a **POOR MAN'S DINNER** or **SMART DINNER**. This meal should be eaten by 6:30 P.M. and should be the smallest meal of the day because it is the last meal before **SLEEP**.



PERSONAL TRAINING
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19420 N 59th Ave., Suite C-249
 Glendale, Arizona 85308

Phone: 623.266.0162
 E-mail: info@oasispt.com
 Web: www.oasispt.com

Oasis is what you have been waiting for. Our unlimited **One-on-One Personal Training**, **Boot Camp Training**, and **Group Fitness Classes** will get you in shape in no time. We also take out all the guess work of **how**, **what**, and **when** to eat. When proper nutrition is combined with a comprehensive exercise program, **results are guaranteed**.

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ADVANCE TRAINING PROGRAM

Our **Advanced Training Program** is designed to improve your strength, core and conditioning level. A prescribed combination of resistance and development exercises will help you reach all of your fitness goals. Whether it is **weight control, toning and firming or just feeling better**, we can design a specific program for you.

STRENGTH

No matter what your goal may be, a solid fitness foundation starts with strength. Strength training will add muscle that you lose to the aging process each year. Firming and toning, a high metabolism and improving bone density are benefits of a **strength** training program.

CORE

Training your **core** will strengthen your body from the inside-out. A strong core improves balance, stability and posture. Everyday tasks and activities become easier when you have a tight mid-section and strong back.

CONDITIONING

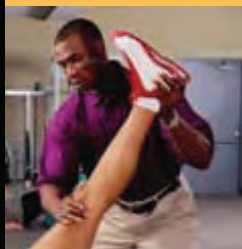
Our comprehensive **conditioning** system improves your recovery time and your fitness level. More energy, less fatigue and a healthy heart are all part of being in shape.



UNLIMITED PERSONAL TRAINING

PERSONAL TRAINING

Our comprehensive Personal Training programs give our clients the motivation, reinforcement and supervision necessary to reach their fitness goals. Our personal trainers will give your exercise program the order it may be lacking by unraveling the mysteries of when to do cardio and what to eat. We will customize your workout program according to your fitness level and fitness goals or medical condition.



WEIGHT LOSS • SPORTS-SPECIFIC TRAINING
NUTRITION PROGRAMS • GOLF CONDITIONING
FLEXIBILITY PROGRAMS • BODY BUILDING
FITNESS FOR SENIORS AND JUNIORS

EXPRESS TRAINING

The Express Training program is designed for people that want to reach their fitness goals but don't have hours to spend at the gym. The thirty minute workout sessions are efficient and include resistance training and the conditioning necessary to reach your fitness goals. The Express Training Program is also the perfect introduction to fitness for people that are just getting started.



GROUP FITNESS

Group training sessions are becoming the fastest growing form of exercise. The ability to share a trainer as well as the experience with others has become very popular. Oasis offers group conditioning sessions three times a day, three days per week.

Our monthly program gives you the flexibility to choose from one of the several workouts offered six days per week- that includes resistance training, spinning, kick boxing, core training, plyometric exercise, abdominal workouts and stretching programs. The conditioning sessions are designed for people with an intermediate-to-high fitness level who are looking for a new challenge or want to train above their potential.

Our 60-minute training sessions make it possible to work different muscle groups progressively during each week. For best results, we recommend a minimum participation level of three sessions per week.

CLASS SCHEDULE

M • W • F	GROUP TRAINING	9:30am 5:30pm
T	YOGALATES Yoga & Pilates Combined	5:30pm
TH	SPINNING	5:30pm
SAT	CARDIO KICKBOXING HATHA YOGA	8:00am 9:00am

Classes and times subject to change.