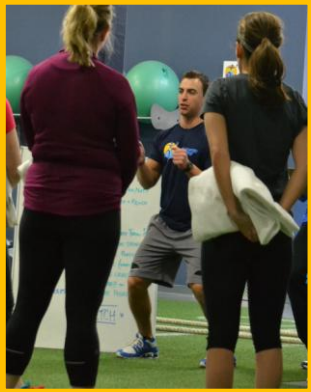


# ADULT CLASSES

For over 10 years we have been personally training Adults in our original “Shop” before work, after work or when time permitted them to Fuel with Good Energy. Our training was a simplified and less intense version of our Performance Training. You didn’t have to be an Athlete to Train at GE, but you had to have the desire to “Be more Active” and make “Fitness an Important part of your Lifestyle.”



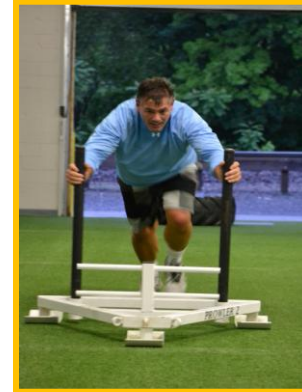
**COACHED SESSIONS**



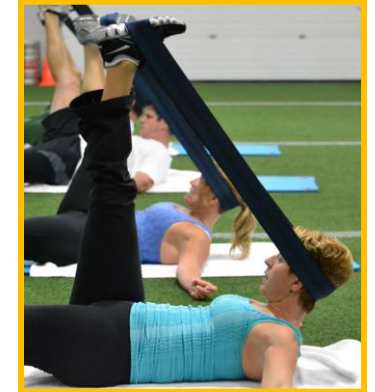
**FUN WORK**



**PROPER TECHNIQUE**



**CONDITIONING**



**STRETCHING**

Fast forward 9 years to 2012 and our 8,000 sq foot expansion. At the same time of our renovations, Fitness started going in a different direction and more Bootcamp Instructors, Classes & Cross Fit Boxes became popular options for over the hill athletes and adults looking for more in their fitness regiments. At Good Energy Training we came up with our daily Strength & Conditioning Class for Adults. We decided that we would fuel our Believers with a different workout each day and allow our clientele to pick and choose which sessions they would like to perform or enable an “ALL IN” Client to train with Us – Everyday based on how we laid out our weekly workouts.

The workouts include: Monday-Total Body, Tuesday-Lower Body (Core & Abs), Wednesday-Core & Cardio, Thursday-Upper Body (Core & Abs), Friday-YardWork (GE’s BootCamp) & Saturday-Total Body have become staples in our daily schedule. The Adult Classes are held at 5, 6 & 9:30am & 8pm Monday-Thursday, Friday-5, 6 & 9:30am and Saturday-7 & 9am.

We treat our Adult classes like “Team Practices” and everyone understands our Coaching approach. We expect you to be on time, prepared to participate 100% in each workout & leave with a smile on your face because of the positive experience with our Team. The classes are limited to 12 people and structured to properly train ALL 12 each workout. Our Strength Coaches will administer the workout in an orderly fashion and it will feel more like a personal training session than a normal group class elsewhere.

Our workouts are NOT written to be “No Pain – No Gain” and although at times challenging – always fair, always with a purpose and an explanation on how to perform the exercises and why we chose it. New Workouts are written each day so they will not get stale, boring or repetitive.

ALL NEW CLIENTS can take advantage of our TRIAL CLASS & we will be offering Beginner Classes on Saturday at 8am starting May 24, 2014. Call to Reserve your Spot as we will limit these Introductory Classes to the first 8 Pre-Registered Adults. The first class is FREE and \$20. Walk in fee for a repeat client.

You get what you Train for – so Maximize your Health by Performing Adult Classes with the GE TEAM.

**PLEASE GO TO HOMEPAGE TO SEE CLASS SCHEDULE FOR ADULTS  
PROVEN RESULTS SINCE 2003**