

## *~ Precision In Motion ~*

Cardiovascular Fitness and Wellness Workshop  
**October 15, 2011 1pm – 3pm**

Health and well-being is achieved through a combination of activities. Although we may resist it, cardiovascular activity needs to be a part of the overall fitness equation. Join us for a workshop focusing on Cardiovascular Fitness and Wellness. We will provide educational tools and discuss the activities, equipment, and opportunities available to establish and/or maximize your cardiovascular health. Whether you have a program in place but feel it is not producing the results you want, you want to start a program and don't know where to start or you are somewhere in between, we will be there to guide you through any questions and apprehensions you might have.

**Hour 1;** will be dedicated to various forms of cardio, benefits of cardio activity, establishing heart rate zones, and looking at the various Polar products to support your fitness goals.

**Hour 2;** will be dedicated to cardiovascular activity. We'll get on the bikes, do jumping jacks, walk...whatever works for you. We will guide you through your heart rate zones and help you zero in on what your cardio fitness program should address. Additionally, we will have the opportunity to try out the Polar Group X class monitoring system! We were impressed when we tried it out and hope you will to.

**Class size is limited so please reserve your spot today!**

We look forward to being alongside you as you set, strive for, and achieve your fitness goals.

**Thanks for all of your interest but due to space limitations  
this event is for Precision Pilates Clients Only**