



**BYERS
GYMNASTICS
CENTER**


Kaia F.I.T.

Functional Intense Training for Women

Hello to all Byers Gymnastics Families!!

Kaia F.I.T. is coming to Byers Gymnastics facility and we could not be more excited. We are offering **FREE demo classes beginning April 12!***

Kaia is a women's only fitness and athletic training program! The program offers personal training in a group atmosphere. It emphasizes functional fitness training and muscle confusion in order to get fit, get healthier, get toned and/or lose weight. We offer training for all fitness levels and ages, and guarantee fulfilling results within six weeks of training! Our program is fun, innovative and different than other "boot camps" because of the energy, the camaraderie, and uniqueness of the workouts. Kaia F.I.T. is designed by women for women! It is also unique in that every client gets personal attention and help in reaching their goals. You will notice that we do not have 'boot camps' because we do not want fitness and health to be a 6-week interval in your year - we want each session to be a *building block* (or brick) to lay a foundation of health for the rest of your life.

Our "Bikini Brik" starts May 2nd. Through nutritional support, one-on-one goal setting and tracking, accountability and motivation by trainers and peers we will help you get in phenomenal shape, slim down, feel great, learn how to eat and be a truly healthy woman! Let's work together to get rid of our winter coats and get our summer bodies back!!

In order to create the best program for you, we are only taking 30 girls per class. Spots are already filling fast as we are getting ready for our shorts and bikinis. Save your space today before they are gone! Below is a list of what else is offered during each Brik. (Please contact Denise at Kaia F.I.T. for details.)

- Physical assessment & intro to Kaia F.I.T.
- Midway and End Physical assessment
- Kaia Swag
- Six weeks of incredible workouts
- Nutritional Guidance & Support
- Post Brik Celebration!!!
- Guaranteed Results

*** Below are the following FREE demo classes!**

- Week of April 11: T 6A, W 6P*, SA 7P
- Week of April 18: T 6A, TH 6P*, SA 7A, 9A*
- Week of April 25: TBC
- T 6A - 7A and SA 7A - 8A, Byers Gymnastics Center, Roseville
- *W & TH 6P - 7P and SA 9A - 10A, local Roseville Park or Track - TBC

These classes are free, open to all women ages 18 & up! Bring a friend and get \$50 off your first session if they sign up!** To reserve your spot, contact Denise at: denise@waytoadventure.com or 916-534-8703. Find us on Facebook at Kaia F.I.T. Roseville.
(*Byers customers will receive a 20% year round discount.)

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." ~ William Londen

We are really looking forward to bringing this amazing program to Roseville!

Kim, Vikki and Rhonda, Owners, Byers Gymnastics Center, Roseville
