

Thoughts



A Word from Susan

My hope for my clients and guests are to have a great work out and push themselves, all while having fun. I want everyone to leave feeling empowered and confident.

Expectations

For most, fitness expectations are that of losing a dress size or a notch on their belt. The Garage fitness is about optimum health. When you embrace fitness you should expect to:

- **Feel Empowered**
- **Have more Confidence**
- **Sleep Better**
- **Walk Taller**
- **Have Improved Balance**
- **Stress Reduction**
- **Increase in Energy**

the GARAGE

7765 W. North Ave
River Forest, IL 60305

Phone (312) 952-7887

www.thegarageunique-fitness.com



About the GARAGE



The GARAGE is a 900 square foot exercise studio. It is equipped with every useful tool to sculpt, tone, stretch and move the body. Classes are small in size to provide personal attention to each client. Our studio offers a wide range of classes: Yoga, Pilates, Kick Boxing, Bag Boxing Cardio Sculpt, Strength Training, Toning and Stretching. Our Staff is committed to each and every client to help them be the best they can be, in a safe, fun caring, and energetic environment.

ABOUT SUSAN

Owner/Instructor

Susan Weitzenfeld has concentrated her career in the fitness industry for over 10 years. For the past 7 years she has operated her studio out of her garage in her house, teaching private training in small groups. Susan holds certifications in personal training, group fitness, pilates, weight training, bosu, and kickboxing. She is constantly challenging herself with courses and conferences to stay current in the health and fitness industry.

Class Descriptions

Mat Pilates

Works your core muscles, lengthens your spine and muscles, feel energized and confident after this class. Class time 1 hr.

Kick Boxing

This is a nonstop energizing workout. Expect to kick, punch, block and sweat. Use of weights, jump ropes and bands as well as your own body weight. Class time 1 hr.

Yoga

A series of Vinyasa's (flowing from 1 pose to another). This class will strengthen your upper body, lengthen your muscles and get your heart pumping and your soul searching for more. Class time 75 min.

Weight Training/Body Sculpt

A muscle conditioning class aimed at targeting tough to tone areas. Using free weights, bands, balls, and your own body's resistance. Class time 1hr.

Fit Lite

This class is designed to promote safe effective strength training using weights, tubes and balls. Class time 1 hr.

Butts & Guts

30:00 minutes dedicated to the bottom line! Strength training that works your abs, core, gluts and back using weights, balls, tubes and the step to tighten your tone. Class time 30 min.

Heavy Bag Boxing

This class has it all. We kick and punch our way through the hour. Challenge your cardio vascular endurance with this intense workout. Class time 1 hr.

Prices

Annual Membership Fee \$25.00

Single Class- \$25.00

Pack of 10- \$200.00 (\$20.00 Each)*

Pack of 22- \$400.00 (\$18.00 Each)*
*(Needs to be used within 12 months of purchase)

- Some classes are 75 min. and are the same price as 1 Hr. class
- 30 min Butts & Guts will be counted as 1/2 a class

Private Session with any of our Trainers

Rate of \$60.00 an hr.

Book a Fitness party

- Birthday Party
- Bridal Party
- Anniversary
- Valentine Days
- Christmas fitness for your employees

Pick your favorite class or 2 after your workout enjoy your choice of refreshments. Ideas are endless. Call for pricing

Gift Certificates Available for all Services



