



A NEW YOU by 2014 with VALEO's ***“PERSONAL BEST” Plan***

12 Week Physical Enhancement & Wellness Course
Convenient class schedule - Monday through Friday
Over 40 sessions per week!

- Health & Wellness Lecture Series – Wed @ noon
- Monthly personal assessments to gauge success
- Meet your goals to collect valuable gifts from VALEO
- Program available to members & non-members

BE YOUR BEST by the New Year!

Kick Your Assets to Greatness in FALL 2013 **Ring in the NEW YEAR as a NEW YOU!**

- This is a 12 week program beginning Wednesday, September 25, 2013
- Set your goals and allow our Personal Care Consultants to support you throughout your transformation
- Designed to enhance your complete WELLness – Mind, Body & Spirit

Program Details

- ❖ The program begins with a **leadership self assessment** interview and lecture review with Katie Hurley the week of September 23rd.
- ❖ A **fitness assessment** will be conducted at the beginning, middle and end of your program, designed to help you establish goals and assess benchmarks along your path for success
- ❖ **Classes** are offered every weekday . Attend as many as you like and be sure to sign-in as we will award those we see most frequently!
- ❖ Our rotating **class programming** will best develop the participants' needs and will include the following
 - Cardio Strength/Metabolic Booster
 - Yoga
 - Pilates
 - Core Training
 - Cardio Dance (i.e. Zumba, Ballet)
 - Small group Personal Training (Advance Sign-up required)
- ❖ **Wednesday WELLness at VALEO** is a 40 minute lecture at noon offered weekly to define Wellness as it relates to your personal care leadership is offered at no additional cost with this program (a \$349 Value). Topics include:
 - Wellness, Self-Responsibility and Love
 - Wellness and Eating
 - Wellness and Moving
 - Wellness and Feeling
 - Wellness and Communicating
 - Wellness and Intimacy
 - Wellness and Finding Meaning
- ❖ **Add a VALEO Experience** each month to enhance your personal care development. Choose from any of our menu offerings in 30, 60 or 90 minute offerings. WELLness membership pricing is extended to all that join the program for 12 weeks.
- ❖ Access to infrared and steam before or after class is extended to all participants.

ALL ARE WELCOME – Special Member & Non-Member Pricing

We invite all to join us for this ground breaking program with special pricing for our current members and those committing to just the program. Add any 30, 60 or 90 experience of your choice each month at member pricing to enhance your overall wellness development.

	Program Cost	(3) 30 Min	(3) 60 min	(3) 90 min
Life Practice	No Charge	\$40/mo	\$75/mo	\$115/mo
Just Use the Gym	No Charge	\$40/mo	\$75/mo	\$115/mo
WELLness Member	\$180	\$300	\$405	\$525
Non-Members	\$240	\$360	\$465	\$585