

Program Guide

Summer | Fall - 2010




WELLBRIDGE
ATHLETIC CLUB
CHARLES SQUARE

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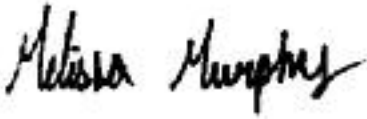
Welcome

Dear Members,

Thank you for choosing the Wellbridge Athletic Club as your home for fitness, wellness, sports and fun. We have developed this program guide to assist you in easily utilizing the motivating and inspiring programs that you are offered as a member. Research shows that variety and consistency are key to a successful life of fitness and wellness and we know that you find this in your Wellbridge Athletic Club Membership.

The guide is ordered by program category. We look forward to seeing you at our Club.

Sincerely,

A handwritten signature in black ink that reads "Melissa Murphy". The signature is written in a cursive, flowing style.

Melissa Murphy
General Manager
Wellbridge Athletic Club

Membership Information

Club Hours

Monday-Thursday
6AM- 10PM

Friday
6AM-9PM

Saturday-Sunday
7AM-7PM

Key Club Contacts

617.441.0800

Melissa Murphy
General Manager

Eric Abella
Personal Training Manager

Jurek Glod
Aquatics Director

Adam Smith
Member Services Manager



Corporate Partnerships

Improving Lives Through Fitness

At Wellbridge we have a passion for improving lives through fitness, wellness, sports and fun. We are happy to extend this commitment outside of our Club walls to your corporation through our Corporate Fitness Partnership.

Whether you need weekly seminars, monthly lunch and learns, complimentary health assessments, or any number of other organized or at-will activities, we are confident we can accommodate your needs with little time commitment and no investment on your part. Through years of working with companies like your own we have developed the phases of a Corporate Fitness Program that may be a good foundation for our partnership. If the following options don't fit your company's needs we are happy to customize a program with your goal in mind.

Phase 1:

Jumpstart Program

This phase makes it easy for you and your employees to taste what we have to offer. Through 2 on-site events and 1 event at the Club your corporation's employees will be educated, fed and given the opportunity to enjoy the Club for free.

Phase 2:

Annual Corporate Partner Employee Fitness Challenges

The Club will put on three complimentary employee fitness events at the Club throughout the year. Members and non-members alike will enjoy special fitness classes, education opportunities and participation-based prizes.



Phase 3:

Employee Membership Discounts

Upon deciding to make the Club your company's official fitness partner, the Club will offer all of your employees a discounted enrollment opportunity and membership dues discounts. Discounts range based on your company's corporate fitness goals and contributions. Discuss these options with a Membership Representative today.

Membership Privileges

As a member you enjoy Club privileges that go beyond our walls and add value to your lifestyle. Utilize our resources and ask your Membership Representative to provide more information about the following programs.

Member Advantage

Sponsored Guest Program

Invite local guests that are 18 years of age or older and enjoy the Club with a friend. Contact your Member Representative to pre-register a guest or simply provide your friend, family member or co-worker's contact information. The Club will offer your sponsored guest 5 days guest access. Your companion will qualify for an exclusive enrollment offer during their initial visit, and if your pre-registered guest decides to join you will receive a special gift as a thank you.

Community Partner Discounts

We are proud of our longevity and relationship within the community and the Club has used this connection to give back to its members. Logon to our website and navigate to "Member Discounts" under the "About Us" section and find out where your Club Membership Card can be shown for discounts on various products and services.

Social Opportunities

The Club hosts monthly social events to help members meet other members and for everyone to stay in touch. Ask a Membership Representative about our next event or register your email with us to receive electronic invitations. We also welcome your RSVP to include a friend, family member or co-worker to most Club social activities.

Club Activity Discounts

As a member you are qualified to receive our best rates on all activities and programs. For those programs that are offered to the general public you will receive an additional 10% off the public's rate.

Getting the most from Your Membership

We are fortunate that we have the opportunity to help you further your fitness, wellness or lifestyle aspirations. The first month of your membership is essential in determining your future success in meeting those goals. We have provided the following tips to make your introduction easy and efficient.

GPS Program

Allow us to schedule your appointment with a certified Personal Trainer through our Goals Produce Success program. The Trainer can answer any of your questions, establish your baseline fitness or offer instruction on the equipment. Visit the Fitness Desk to get started today.

Invite a friend

Ask your Membership Representative for a complimentary Sponsored Guest Pass today and invite a friend to help you explore a wide variety of sports, classes and events.

Member Advantage Continued

Establish a routine

Studies show that people who make fitness a priority are 80% more successful than those who do not. Play it smart and set up your first week of workouts today.

Try a class

All classes on the Group Fitness schedule are free, unless noted otherwise. Just a beginner?

Inform the instructor and they can ensure you have a safe and healthy class.

Meet your Member Services Manager

The Member Services Manager's job is to make sure you are maximizing your membership. Visit their office today.

Club social events are typically free to members. Learn about the next activity and get involved.

All Wellbridge Clubs pride themselves in having a management staff that is available and accessible. You're always invited to drop by the General Manager, Membership Sales Manager, Member Services Manager or Personal Trainer Manager's office or desks.



Aquatics

General Information

Contact

For more information or to sign up please contact Jurek Glod, Aquatics Director at 617.441.0800 ext. 227 or jpglod@wellbridge.com.

Pool Hours

Monday - Thursday 6AM - 9:30PM

Friday, 6AM - 8:30PM

Saturday & Sunday, 7AM - 7PM

Children's Hours

Monday - Friday, 2 - 5PM

Saturday & Sunday 10AM - 12PM & 2 - 5PM

Lap Swimming Guidelines

- :: Lanes must be shared during busy hours.
- :: Lap swimming is not allowed if there are more than 10 participants in a aqua group exercise class (see our group fitness schedule for details).
- :: One lap lane may be available for adults during children's hours. However, the lap lane may be eliminated or used by children/families during very busy times.

Adult Swim Program

Private Swim Instruction

Designed to meet the needs of each individual. Instruction is scheduled at your convenience.

30 Minutes

Member

\$36/one session

\$204/six sessions

\$372/twelve sessions

Non-Member

\$46/one session

\$246/six sessions

\$432/twelve sessions

60 Minutes

Member

\$72/one session

\$198/three sessions

\$348/six sessions

Non-Member

\$86/one session

\$228/three sessions

\$396/six sessions

Group Swim Instruction

Designed to help beginner or intermediate swimmers develop an efficient swimming style with effective breathing, stroke and kicking techniques for the front crawl. Maximum of 6 participants.

45 minutes

6-week program

Member \$162

Non-Member \$192

Power Swimming

Designed for advanced swimmers who want to enhance their endurance, improve their stroke and learn drills to incorporate into their swim routines. Participants should be able to swim front and back crawl for at least a 1/2 mile.

45 minutes

6-week program

\$162 Member

\$192 Non-Member

Aquatics Continued

Swimming Workshops & Clinics

Workshops focusing on specific swimming strokes are offered periodically. Participants will learn a variety of drills to improve each part of the stroke and build endurance. The following are two of our clinics offered.

45 minutes

6-week program

Member \$162

Non-Member \$192

Butterfly Clinic

These clinics are designed for swimmers who already have knowledge of crawl and breast strokes. Participants will be guided through a series of exercises for proper arm stroke, kick, breathing rhythm and coordination.

Flip-Turn Clinic

These clinics are designed to teach intermediate and advanced swimmers step-by-step, flip-turn exercises.

Children's Swim Program

Private Swim Instruction

Designed to meet the needs of each child. Lessons are scheduled at your convenience during children's pool hours.

30 Minute

Member

\$36/one session

\$204/six sessions

\$372/twelve sessions

Non-Member

\$46/one session

\$246/six sessions

\$432/twelve sessions

Semi-Private Swim Instruction

Kids will benefit from both the concentrated attention of the instructor and the motivation and fun of having a buddy in the class. Lessons are scheduled at your convenience during children's pool hours.

30 Minute

Member

\$26/one session

\$144/six sessions

\$276/twelve sessions

Non-Member

\$35/one session

\$186/six sessions

\$336/twelve sessions

Children's Group Lessons

Classes are limited to 5 participants except for Best Start classes, which are limited to 6. For more information contact Jurek Glod at 617441.0800 or jglod@wellbridge.com.

30 minutes

8 weeks

\$144 Member

\$176 Non-Member

Best Start

6 months - 3 years

This parent/child class is the best start a child can have. Games and other techniques are used to help children enjoy the water and become water safe at an early age. A parent or caregiver must be in the water with the child during each class.

Child, Level 1

3 - 6 years

For children who have never taken swim lessons before.

Child, Level 2

3 - 6 years

For children who have little or no fear of water, and who can float unsupported.



Child, Level 3

3 - 6 years

For children who can submerge/retrieve an object and can demonstrate front & back crawl.

Youth, Level 1

7 - 15 years

For youth who need to learn basic aquatic skills, such as floating, gliding, flutter kick and front/back crawl.

Youth, Level 2

7 - 15 years

For youth who can already swim front and backstroke, but who need to improve technique and build endurance.

Group Fitness

For further information about the following classes contact Eric Abella at 617441.0800 or eabella@wellbridge.com today.

Boot Camp

This is a paid program; first class is complimentary. High Intensity, high cardiovascular with body weight oriented dynamic movements.

Ballet Sculpt

Lengthen & strengthen your way to a dancer's body. This training program is specifically designed to improve your body's alignment, increase flexibility and range of motion, and develop muscular endurance.

Cardio Kickboxing (2-4)

Provides a high intensity workout of kicks, punches and blocks based on kickboxing and martial art forms.



Core Definitions

Work every muscle in every angle. This intense total body workout is designed to improve muscular strength and endurance utilizing free weights, core boards and stability balls. Movements also emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment and flexibility.

Core with Step

A choreographically and challenging workout based on the aerobic step. This class will improve your cardiovascular fitness while challenging your coordination.

Hatha Yoga

Synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a purifying sweat that detoxifies muscles and organs.

Hatha Yoga (1-2)

A great option for beginners. In addition to standard yoga postures, participants can expect to learn other yoga practices such as breathing and awareness.

Lunch Time Yoga

Reduce work day stress through dynamic breathing, stretching, exercise, relaxation and meditation in different poses and postures.

Muscle Conditioning

Following a short step or urban rebounding warm-up, this class focuses on muscle toning and strengthening using free-weights, body bars, tubing, balls and mat exercises.

P.I.T (3-4)

Power Interval Training

Often working in pairs and groups, this circuit and drill-based class provides a high-intensity, challenging endurance and strengthening workout. This class tends to travel outdoors on warm days.

Pilates Mat

Pilates promotes breath and movement, body mechanics, concentration, balance, and posture. The exercises emphasize the core muscles of the abdomen, gluteus and back.

Pilates Mat w/props (1-3)

Emphasis is on coordinating the core muscles (abdominals, back and pelvic floor) to strengthen the center of the body. This form requires concentration to assist in developing strong, lean abdominal muscles as well as improving coordination, balance and breathing efficiency.

Rebounding & Muscle

Cardiovascular and Muscular endurance with the usage of mini trampolines and muscle strengthening.

Revolutions (1-3)

Increase your cardiovascular and muscular endurance with this challenging and motivating workout based on the stationary Spinning bikes.

Sivanada Yoga (1)

A combination of influences with a focus on mind/body connections, strength and flexibility.

Special Populations Workout

Cardiovascular workout, often incorporating various balance and muscle toning.

Stretch

Learn creative ways to stretch as well as proper techniques to help increase your flexibility.

Total Body Sculpt

Improve full body strength and work on flexibility. This class emphasizes core work to build a stronger sense of inner strength and balance.

Traditional Hatha Yoga (1)

Synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a purifying sweat that detoxifies muscles and organs.

Vinyasya Yoga

The most highly customized form of yoga. Vinyasa Yoga teachers cater stretching postures to individual student needs and abilities.

Group Fitness Continued

Water Aerobics

A cardiovascular, strengthening, balance and stretching workout where water-based exercises are modified for your abilities.

Water Aerobics Basics (1)

This class provides a super cardiovascular workout in the water. It consists of an active warm-up and stretch, 30-40 minutes of cardiovascular work, resistance training and a final stretch. No experience necessary.

Yoga

A combination of flowing posture sequences that can be modified to suit all levels. This "meditation in motion" promotes strength, coordination and mindfulness.

Yoga Basics

Reduce stress through dynamic breathing, stretching, exercise, relaxation and meditation in different poses and postures.

Zumba®

Latin dance workout for all levels. The hottest new trend in fitness.



Membership Events

Monday Bagel Breakfast

Grab a bagel and coffee after your morning workout! A delicious selection of fresh bagels and spreads from Finagel-A-Bagel, and hot coffee complements of Dunkin' Donuts.

First Monday of each month

6-9AM

Poolside Wine & Cheese

Join us poolside for wine and cheese sampling! Chat with staff and fellow members while sampling a variety of wines as well as an assortment of gourmet cheeses.

Complements of Cardullo's in Harvard Square. Members and their guests must be 21+.

Ask about time and dates at the Hospitality Desk today.



Personal Training

The Reality

70% of all Americans will begin at least 1 exercise program in their adulthood. In less than 3 months, 80% will quit. 50% of dieters weighed more than 11 pounds over their starting weight 5 years after the diet.

The Solution

Personal Training - 85% of all individuals who have a Personal Trainer maintain their exercise schedule.



By following a fitness program created by your Personal Trainer, you can reasonably expect to lose 1-2 pounds of fat per week. Personal training programs also promote healthy weight loss that can be maintained by increasing metabolism and decreasing body fat.

"It's my first experience working with a Personal Trainer; I never felt I needed one or would enjoy it. Instead, I have continued to work with my trainer twice a week. Nothing routine about it because I never know what to expect - except that I will work hard. I haven't been this physically fit for 15 years."

~ Dr. Heidi Brinkman

With the knowledge and experience that comes from being nationally certified and/or a graduate in Exercise Science or another health related field, our Personal Trainers are proven experts. Take advantage of their expertise and get started today.

Consistency & Motivation

Two of the biggest reasons an individual finds success with a Personal Trainer are consistency and motivation. Our trainers focus on you and your goals in order to create a comprehensive program that incorporates structure and accountability. That consistency brings results and those results produce self motivation. All of these components will help you develop a lifestyle that encourages health.

Weight Loss

The majority of people hire a Personal Trainer to lose weight and get into shape. Your Personal Trainer can provide all of the tools necessary including nutrition support, goal specific fitness programming, and lifestyle integration coaching. Working with our trainers will make you feel like The Biggest Winner!

Stress Relief

Research has shown that regular cardiovascular and resistance training will lower the heart's response to psychological stress, and also offers long-term protection against the risk of heart disease. Combine those benefits with a Personal Trainer who is focused on your success through effective training strategies in a safe environment and your stress will decrease as your health and confidence skyrocket.

"It all comes down to one word: desire. You desire a change and our desire is to help you get there. Lose weight, gain muscle, get faster, run farther, live longer, be happier. It's what you desire. It's what we do."

Sports Performance

Whether you aspire to finish a 5K, improve your golf swing, maintain power throughout your tennis match or catch the eye of a college recruiter, our trainers can maximize your potential. Many of our trainers have advanced specialization in sports performance and can apply these skills to your exact goals.

Injury Rehab & Prevention

Low back pain affects nearly 80% of adults, and musculoskeletal symptoms of the knee, shoulder, foot and ankle pain are the No. 2 reason people contact a physician. Many of our trainers specialize in the advanced knowledge, skills and abilities to successfully work with clients suffering from musculoskeletal impairments, imbalances and post-rehab concerns. Our team can also help you prevent injuries through stabilization and balance training specifically designed for your body.

Look and feel the way you've always wanted. Contact Eric Abella at 617.441.0800 ext. 238 or at the Personal Training desk and get started today.

Personal Training Continued

Group Personal Training

Boot Camp

This is a paid program; first class is complimentary. High Intensity, high cardiovascular with body weight oriented dynamic movements.

\$25/session

\$200 Package of 10

\$300 Package of 15



There is strength in numbers. The success of your weight loss and wellness goals depends on healthy eating and regular exercise, but it's not as easy as it sounds. Become a part of a 4-8 person group that inspires and energizes each other during fitness and nutrition sessions led by Fit Express Personal Trainers. The Fit Express format will help you accomplish your weight loss and wellness goals in a motivating and fun environment.

Express at a Glance

- :: 12-week accelerated results program conducted in a small-group setting.
- :: 1-on-1 session at the start of the program to establish goals and 1 session at the end of the program to measure your success.
- :: 3 weekly group cardio & resistance training workouts.
- :: Each group works with a certified Personal Trainer, specially trained in the principles of exercise and nutrition. This expertise helps you achieve optimum weight loss and maintain the loss throughout your life.
- :: Consistent nutrition education and support including a 3-month Nutrition and Exercise Journal to help you track your progress.

Program Cost

- :: Less than \$14 per session including the Nutrition and Exercise Journal.

New classes begin each month. For more information contact the Personal Training Manager, Eric Abella, at 617.441.0800 or eabella@wellbridge.com.

Improve Your Balance

Each year 1 in 3 people over the age of 50 experience a fall. Prevent falls and improve your balance today. This will consist of a structured program with a variety of safe balancing exercises that can be done several times per week.

\$80/session

\$560 Package of 8

Indoor Rowing

Get in the best shape of your life, right now. Class taught by US Rowing Certified Instructor Joshua Platt.

:: Improve Cardiovascular & Muscular Performance

:: Increase Flexibility, Core Strength & Improve Posture

One Hour Session

\$90

5-Session Package

\$400 (\$80/class)

10-Session Package

\$700 (\$70/class)

By appointment only. All ages and abilities.

FIT ***Express***



Professional Instruction, Group Motivation, Individual Results

- :: Nutrition Coaching :: 3 Group Training Sessions A Week
- :: Nutrition & Exercise Journal

LESS THAN \$14 A SESSION

Visit the Reception Desk for more details.

Personal Training Continued

Kettlebell Clinic

Achieve incredible results with one of the top certified trainers in kettlebells in the industry. Very little impact on the joints makes this clinic great for all ages. Main focus is on lean muscle building, not bulking up. Classes are held indoors and outdoors.

\$35/session

\$480 12 pack

Kids Fit Club

Ages 5+

Weekend and weekday class times are available. These hour long classes are taught by certified personal trainers with experience in working with children in fitness. Classes will entail game play, which are fitness oriented, and in a more cardiovascular format. Members can pre-register 24 hours before any of the class start times through the Personal Training Manager.

\$25/session

\$150 10 pack

Pre/Post Natal Training

All moms to be, come and join our prenatal and postnatal program with certified elite Personal Trainer, Kasia Sullivan. Individualized cardio, strength and flexibility training will help you enjoy your pregnancy even more. Extensive research has shown the positive effects of regular exercise on all phases of pregnancy, including:

:: Limiting weight gain

:: Less physical discomfort

:: More energy during the day, better quality sleep at night

:: Easier, shorter and less complicated labor

:: Quicker and easier postnatal recovery

\$45/session

\$200 10 sessions

Running Clinic

Instructed by a triathlete/ personal trainer, this clinic will introduce you to proper running form, mechanics and training techniques to enhance speed and efficiency.

\$25/session

\$200 10 pack

Triathlon Training

Experience the difference. Swim to improve endurance, technique and overall race strategy. Bike to improve speed and lactic threshold. Run to improve stride technique and speed

Pilates

Mission

To enrich the lives and wellness of our communities through the classical teachings of Joseph Pilates, while adding a contemporary approach with informed instructors, dynamic classes and enlightened participants.

Vision

To be the best Pilates program and steep our members in health and wellness. Wellbridge will be a leader in Pilates education through Internationally Recognized STOTT Pilates® trainings.

Who We Are

The Wellbridge Company is proud to be just one of three STOTT Pilates® Training Centers worldwide. Our Instructors continue their education in both classical and contemporary Pilates methods to ensure the quality, the commitment and the professionalism required by the Wellbridge Family of Clubs.

The Benefits of Pilates

- :: Increases strength with flexibility
- :: Develops balance and coordination

- :: Improves posture and alignment
- :: Boosts core strength and stability
- :: Increases muscular tone & endurance
- :: Enhances weight management
- :: Relieves stress & back pain
- :: Improves athletic performance
- :: Heightens body awareness
- :: Eliminates joint impact
- :: Prevents injury

Classes

Mat

Floor exercises are the foundation of the Pilates Method that bring together core strength, breath, body alignment, posture and balance. Strengthen your core from the inside out. This class is free and will prepare you for Reformer and equipment work.

Reformer

The Reformer is the workhorse of Pilates and allows you to personalize your work with varying degrees of assistance and resistance. This class is an invigorating workout that builds strength, flexibility and ultimate core control. Fees apply. Sign up required.

Private, Duet, Trio & Group

A customized session ideal for those who desire more focused attention on personal goals; who wish to expand their Pilates practice; or for those with special physical concerns. Group classes are 4 or more participants and are extremely motivational by offering the dynamics of a group setting and a variety of exercises and apparatus work.

Instructor Definitions

You will be guided through the Pilates Method by our highly qualified and knowledgeable Instructors, who bring his or her own rich and diverse experience to each session.

Student Apprentice Instructor (SAI)

Has completed all Pilates training courses and is working towards their full certification.

Nationally Recognized Instructor (NRI)

Has received their nationally recognized certification in the Pilates Method.

Pilates Continued

Nationally Recognized Instructor Trainer (NRIT)

Has received their nationally recognized certification in the Pilates Method and is an active Instructor Trainer qualified to teach certification courses.

Policies

Studio Policy

Before joining a Pilates Group class a member must complete either the 3-private or the 5-group INTRO Pilates Package, where the instructor conducts a postural analysis, assesses your movement and begins teaching you the philosophy and method of Pilates.

Sign Up

For more information about Pilates programming contact the Hospitality Desk or Personal Training Manager, Eric Abella at 617.441.0800 or eabella@wellbridge.com.

Cancellation Policy

Cancellations must be made 24 hours in advance to avoid being charged for a session.

Safety Policy

Due to the highly specialized instruction required, Pilates equipment may not be utilized by the member on their own.

Pilates Programming

Pilates Circuit Program

Duets provide teamwork with personalized attention. Connect with your core even more and discover how Pilates apparatus will enhance your mat workouts while being motivated in a private group setting.

Pilates & Athletic Conditioning

Challenges joint stability through dynamic movements in this sports-specific training designed to improve strength and agility through core conditioning.

Pilates Plus PT

Combine Pilates and Personal Training forces to get the best of both worlds. Enhance your workouts by incorporating a 30-minute workout with a Personal Trainer followed by a 30-minute workout with a Pilates Instructor. Both the

Pilates and Personal Trainer will work together in designing the right workout specific to your goals and needs.

Pilates with Props

Designed to introduce and progress an individual with all the tools Pilates has to offer, working with Pilates props will help enhance core awareness.

Pilates Apparatus on the Mat

Build your own reformer in your body. Ideal for those who want to bring their reformer workouts on the road. Learn to simulate exact reformer movements and progress your Mat workouts to a higher level. Recommended for advanced participants.





Closer Than You Think

Conveniently Located In Harvard Square

5 Bennett Street

WellbridgeAthleticClub.com | 617441.0800

A WELLBRIDGE EXPERIENCE 