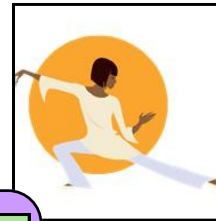


Our Mission

Welcome to the Fitness Loft, your home for small group training specialty classes, private training guidance and coaching, educational workshops and special events, and restorative massage therapy. With more than 28 years of experience in the health and fitness field, my goal is to provide a private, comfortable, homelike atmosphere where you can get away from it all and spend some time on you. The mission of our services is to strengthen the body, focus the mind, and pamper the spirit; resulting in an energetic, healthy, and fulfilling life. Thank you for your interest and... *Welcome home to health.*

Mary Albrecht, Owner



Fitness Loft

205 Peterson Road
Libertyville, IL 60048
www.fitnessloft.info

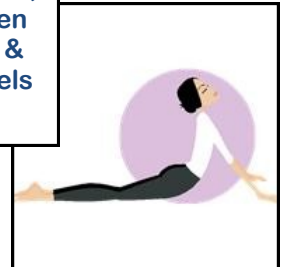
Phone: 847-367-5645
Fax: 847-367-6774
mary@fitnessloft.info

Fitness Training Options

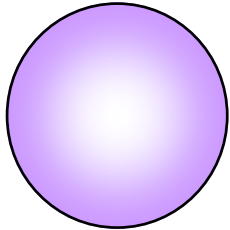
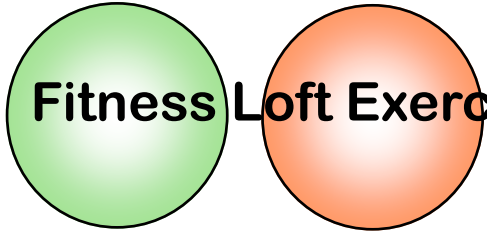
847-367-5645
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Workouts for men, women, and children of all ages & fitness levels



Fitness Loft Exercise Training Options



Fitness Consult \$25
Meet with a trainer to discuss what is best for you (30 minutes)

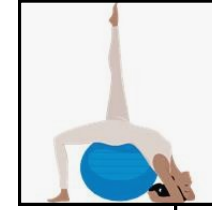
- Purely Pilates
- Weight Training
- Flexibly Fit
- Fitness Coaching
- Yoga Check-up
- Fitness Yoga™
- Fit Circuit™
- Yoga-To-Go™
- Pilates Reformer
- Pilates Chair
- TRX Suspension
- Functional Fitness
- Nutrition Tracking
- Total Body Massage



Being fit is fun!

Price Menu:

Group Training Classes: Visit Pass Options One visit per day, no time limit. Adjoining classes are designed to mix. Stay as long as you like!	5 for \$65 8 for \$96 16 for \$176 Unlimited \$196
Private Fitness Training All types of personal training to strengthen and stretch the body, motivate you, and keep you on track. 60 min sessions.	\$70 each 5 for \$325 10 for \$600
Fit Circuit™ Private Training Functional Fitness and Core Training that varies often in exercise tools. Efficient and effective! 30 min sessions.	\$35 each 5 for \$165 10 for \$300
Reformer Studio Time Rent the studio for a 60 minute on-your-own Pilates Reformer workout. One-time 5-session training pack required (\$325).	\$20 each 10 for \$150 20 for \$240
Fit Circuit™ Small Groups Join a group of 4 or 5 people for a 30 minute metabolic boosting exercise circuit. Times and days preset or open to suggestions	\$20 each 5 for \$90 10 for \$150
Workouts-To-Go In home or business (we come to you) private or small group fitness training. 60 min sessions.	\$90 each 5 for \$425 10 for \$800
Nutrition Tracking Keep a food journal to submit for advice and accountability. Weekly basis or as desired.	\$10 fee for up to a week of entries
Total Body Massage Deep Tissue Massage, Swedish Massage, Restorative Massage, Myofascial Release, Facials.	\$75 per hour 30 mins \$45 90 mins \$120



A strong body can do most anything

Yoga-To-Go In home or business (we come to you) private or small group yoga training. 75 min sessions.	\$95 each 5 for \$425 10 for \$850 <i>Split the cost with a group!</i>
Yoga Check-up Once in awhile private yoga to check form. Includes take home notes. 75 minutes.	\$90 each
Private Yoga Training On location (you come to us) private or small group yoga training. 75 min sessions.	\$85 each 5 for \$400 10 for \$750 <i>Split the cost with a group!</i>
Community Yoga Occasional Yoga classes open to the community. Our way of giving back ☺	FREE



A fit life is a good life

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