

a healthier you

Make your fitness resolutions a reality!

Yvette's Fitness Camps,
Personal training, Yoga and more...

January has the highest gym membership sales of the year. Unfortunately with many of these new members within a matter of a month they get discouraged, give up and are stuck in a contract. The gyms go from super busy in January and dwindle down by February and March.

The new member had the best intentions but without the proper education and guidance to achieve the results they were looking for. Eventually they decide it is too hard and give up.

Yvette's Health & Fitness Center is a fully well rounded private training center in downtown Sarasota to help you make your resolutions a reality and a lifestyle.

You are always working with a trainer. Yvette offers: Fitness Camps for women, personal training, yoga, power hours, boxing, spinning and free bayfront fitness camps every other Saturday morning at 9 a.m.

You can also check out her daily fitness tip at Yvette Bernosky on facebook each morning. And new for January, we'll be offering a yoga program on Monday, Wednesday and Friday mornings.

Yvette's fitness camps for women start with: a consultation to determine goals, review of health history, taking of body measurements, setting up a sound nutritional plan and learning to use your workout/nutrition journal. Everything you need for success is right here. The only thing you need to do is show up. The classes are very diverse from working with: weights, cardio machines, bosus, bands, boxing, trx system, medicine balls, just to name a few.

This type of muscle confusion yields maximum results, in addition to learning many ways to train your body. You will never get bored or know what's coming up next. During this training you have the option to participate in many health related events. Whole Foods Market does a lunch and learn tour exclusively for Yvette. You will learn how to shop for a healthy diet, get to sample any and all foods we want and we even go home with a free bag of goodies.

Rx for Results sends their team of massage therapists to the gym to work on her clients once every four weeks to all classes. Dr. Joseph Koshes conducts sports medicine workshops on a variety of topics. Many local businesses sponsor Yvette with gift certificates that help promote health and fitness education to her clients.

Whole Foods Market, East West College of Natural Medicine, Lobster Pot, Soto Opticians, Rx for Results and Nicks Tavern, to name a few. These events are all included at no additional charge.

The fitness camp is designed to get maximum results in a fun and safe environment.

Many of her clients like to go somewhere they are held accountable rather than having a gym membership somewhere they never show up at.

They like walking in the door and being greeted by someone totally dedicated to their progress. They like receiving e-mails or phone class if they miss classes to see where you are. There is a lot of value in that and they like having a professional with them each step of the way.



You can start a fitness camp at any time, at any age and any fitness level. Two months \$450; four months \$825 and six months \$1150.

Yvette's private training center is fully equipped and classes are kept small. Yvette's fitness center also provides: Co-ed one-on-one training, yoga classes, power hour classes for the advanced participant, boxing and spinning.

Yvette offers a **free** bayfront camp as a way to give back to the community. The bayfront Fitness camp is held every other Saturday morning at 9 a.m. We meet by the statue of the sailor and lady. Everyone is welcome. All ages and fitness levels can attend. It is always **free**. We start with a nice warm up, go over the bridge. Everyone works at his or her own pace.

Afterward we meet up at the gazebo by the bait shop for strength training, all with our own body resistance. We finish with a nice cool down and stretch. You will get a lot of valuable fitness tips the entire morning. It's a great way to start the day with a great view to do it at. It's a nice way to meet new people and make new friends.

Yvette has over 20 years of experience and has obtained 10 diverse certifications in the field of fitness. Check out her web page: www.yvettesfitness.com to find out more. You can e-mail her at healthybdys@aol.com

or give a call to 941-376-9599 or stop by at 126 N. Orange Ave., Sarasota. **Get started today!** ☺



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