

# CIRCUIT TRAINING

WITH

## UPKAR UBHI

NASM & ACE CERTIFIED PERSONAL TRAINER



**“A journey of a thousand miles begins with a single step.” Lao-tzu**  
**FALL 2007 SPECIAL: CIRCUIT TRAINING, GET IN SHAPE!**  
**STARTING MONDAY 9/17/2007**

at

**JOANNE BROWN DANCERS**  
**33535 WESTERN AVE**  
**UNION CITY CA 94587**

**WORK OUT ON MONDAYS & WEDNESDAYS 12.30PM –1.30PM**

**CIRCUIT TRAINING TAKES YOU THROUGH A SERIES OF EXERCISE STATIONS WITH BRIEF REST INTERVALS. IT IS A TIME EFFICIENT WORKOUT. CIRCUIT TRAINING CAN HELP YOU:**

- **HAVE FUN & GET FIT**
- **INCREASE ENERGY**
- **BUILD STRENGTH & STAMINA**
- **LOOK & FEEL GREAT!**

**GET ACQUAINTED: 4 WEEKS, 8 ONE HOUR WORKOUTS - \$128.00**

**OR**

**GET STARTED: 8 WEEKS, 16 ONE HOUR WORKOUTS - \$240.00**

**(Normal price \$256.00)**

**OR**

**GET COMMITTED: 12 WEEKS, 24 ONE HOUR WORKOUTS—\$336.00**

**(Normal price \$384)**

**SPACE IS LIMITED!**

**TO PRE-REGISTER AND FOR MORE INFORMATION CALL:**  
**UPKAR at 510-213-1021 or JOANNE at 510-475-4122**

**Regular registration will take place on Mon 9/17 at 12 noon**

