

Skaar Fitness Offerings for Winter 2010

Happy New Year! Another opportunity to start over! What will your 2010 be like? Start off the New Year right by taking care of yourself physically, for you and your loved ones. Remember, getting in shape is by no means easy. Anything we do in life that is worth anything, is always difficult and challenging to achieve. It's worth the effort of getting fit. Suffer for it in 2010!

Thanks for the support,

Stein-Erik Skaar

Training:

As always, I am available for training, anytime, anywhere. If its best for you at your home, the track etc. I am available to travel to you.

Rates are \$85/hr. and less for group training depending on group size.

Five Points Fitness: Training and Bootcamps

One on one or group training. Five Points Fitness is set up for group training.

I have several ongoing group training times. Call or e-mail if you would like to join!

M at 6am-7am, 11am-12 or 12pm-1 or 5:30pm

Tues/Thurs at 9:30am , Th at 7:00am

Friday at 11:30am

One on one rates: \$75/Hr

Group Rates: 2 people \$45/person, 3 people \$35, 4+ people, \$30/person

Fitness Bootcamp: T/TH 6pm , TH 10:30am, SAT. 10am

Ross Recreation /San Anselmo Recreation: Mountain Biking, Hiking, and Bootcamp Programs

Contact Ross Recreation at 415-453-6020 rossrecreation.org for more details or San Anselmo Recreation 415-258-4640 or recreation@ci.san-anselmo.ca.us.

Hiking with Stein 1/13-3/24 \$175

Bootcamp for Women M or W

M 1/11-3/22 \$125

W 1/13-3/24 \$156

Mountain Biking for Women/Men 9-11am

F 1/15-3/19 \$225

Kids Programs

Beginning Mountain Biking Gr3-5 M. 3:45-5:15

M 2/1-3/29 \$194

Intermediate Mountain Biking Gr. 5-6 Tues. 3:45-5:15

T 1/26-3/23 \$194

Mountain Biking for Kent Students Gr. 5-8 Wed. 1:30-3:30

W 1/27-3/24 \$245

Advanced Mountain Biking Thurs. 3:45-5:15

TH 1/28-3/25 \$194

Planet Granite

Available for one on one or group training., Crossfit instruction.

Rates: \$85/hr. less per person if a group depending on group size.

Mt. Tam Racquet Club

Fitness Bootcamp Classes

M: 6:30am

W: 6:30 am

Sat.: 8:00am