



PRESENTED BY:



FOR MORE INFORMATION CONTACT:

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Specific details about all programs found at

www.foxfitnesstraining.com

2018 APRIL – SEPTEMBER

One Time Membership Fee for All Six Months

Acadia Resident:

Individual - \$50

Family - \$75 (Kids & Up to TWO Adults, 18+)

Non-Acadian Resident:

Individual - \$75

Family - \$100 (Kids & Up to TWO Adults, 18+)

MEMBERSHIP INCLUDES: GROUP FITNESS

SIX one-hour group fitness classes.

Classes are 8:00-9:00 am on the following Saturdays:

- April 28, May 12, June 23, July 21, August 4, September 8

THEME PROGRAMS

Walk the Mississippi – As a group, be the first to travel the length of the Mississippi River (2,340 miles). Begins April 1 and lasts until completed.

Ride the Tour de France – Experience the thrill of completing this famous race! Riders will attempt to complete the same corresponding miles from each stage as the actual competitors. The total distance traveled will be 2,069 miles and run from July 7 – July 29. (It is ok if it takes you a little bit longer!)

Couch to 5K – If you are looking to complete that first 5K or maybe you have not done one in a while, follow this simple yet effective program to participate in a 5K race. Training will begin August 15 and the race will be on September 15.

MEAL PREP CLASS

Education on effectively preparing healthy meals. Sign up for two of the following:

- Sunday, April 29 1:30 pm or 4:00 pm
- Sunday, August 26 1:30 pm or 4:00 pm

FACEBOOK GROUP

Receive group and trainer motivation

Set up walking, running, biking sessions with your friends and neighbors

Monthly meal prep menus / shopping lists

And More...

ACCESS TO SPECIAL EVENTS

Acadia residents with a membership will have a discounted rate per event.

Non-Acadian members will have a standard rate* per event.

*Residents of Acadia that do not sign up for a membership can still participate in a certain event and pay the Non-Acadian standard rate.

**10% of each event registration goes back to the Acadia Owners Association.

EVENTS

Pricing based on type of membership <> Individual / Family Rates (Kids & Up to TWO Adults, 18+)

Tennis Lessons

April 11 – May 30

Wednesday, 6:00-7:00 pm

\$10 / \$25 Acadia Per-Session

\$15 / \$30 Non-Acadia Per-Session

*\$10 Discount when paid in full

Saturday, April 14 – Cycling

8:00 am

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Friday, April 20 – Yoga

5:00-6:30 pm

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Saturday, May 12 – Archery

9:00-12:00 pm

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Sunday, May 20 – Ruck

8:00 am

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Saturday, June 9 – Kayaking

8:00 am

\$25 / \$40 Acadia

\$30 / \$55 Non-Acadia

Sunday, June 10 – Core Fitness

2:00 pm

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Soccer Lessons

June 12 – July 17

Tuesday, 6:00-7:00 pm

\$10 / \$25 Acadia Per-Session

\$15 / \$30 Non-Acadia Per-Session

\$10 Discount when paid in full

Flag Football

June 13 – July 18

Wednesday, 9:00-10:00am

\$10 / \$25 Acadia Per-Session

\$15 / \$30 Non-Acadia Per-Session

*\$10 Discount when paid in full

Saturday, July 14 – Trail Walk/Run

8:00 am

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Sunday, July 29 – HIIT Fitness

2:00 pm

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Saturday, August 11 – Triathlon

8:00 am Adults – 11:00 am Kids

\$25 / \$40 Acadia

\$30 / \$55 Non-Acadia

Saturday, August 25 – Fox Trot

8:00 am

\$25 Registration Fee

*Charity Donation

Saturday, September 15 – 5K

8:00 am

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

Sunday, September 23 – HIIT Fitness

2:00 pm

\$10 / \$25 Acadia

\$15 / \$30 Non-Acadia

New Events Added When Available

Private & Group Sport Specific Lessons are available, contact Fox Fitness for more details