

BALANCE FITNESS STUDIO FOR WOMEN



**PERSONAL FITNESS
TRAINING
*FOR WOMEN***



BALANCE FITNESS STUDIO FOR WOMEN

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"Physical, mental and spiritual wellbeing is intertwined, the weakening of one weakens them all and the strengthening one strengthens them all"
 ~ Mubarakah Ibrahim

About BALANCE fitness

WELCOME

BALANCE fitness is a premier personal training and fitness education company that specializes in fitness for women at all stages of life. Our Goal is to help you **Look Good and Feel Great** so we can achieve *"a healthier world one woman at a time"*. We specialize in innovative, fun and effective functional training programs that **help women get in the best shape of their lives.**

Congratulation for taking the first step to improve your health and wellbeing. You've just accomplished one of the most difficult part of your journey. But there is great news ahead, you have found a friend and advocate that will help you reach your goal.

As a Personal Training studio *for women*, we differentiate ourselves from a all other fitness facilities. We are proud to be New Haven's ONLY all women Personal Training Studio. But we are even more proud to be known as a place of innovation, motivation and FUN!

Why women ONLY?

As a women centered facility we are owned and operated by women. Our trainers are women and all our Studio clients are women. What that means is we specialize in catering to the specific training needs of females. Men and women are physiologically and mentally different when it comes to physical fitness. Our programs are created with this in mind. Our private studio is an oasis in the city, where you can train in complete privacy and comfort. We have created an inviting atmosphere where you can feel comfortable to workout, sweat and let out a groan of hard work without worrying about your hair and makeup. When you are in the studio, you doing your absolute best are the focus of your training, nothing else.

Personalized Attention, Creative & Fun Workouts:

We want you to know that your sessions are all about you. Every Fitness program is different - one size does not fit all! Depending on your goals, physical fitness level, interests, and your individual muscular imbalances, your trainer will design a **custom-fit program perfect for you.** What does all this mean to you: **RESULTS!**

Let us join you on the journey of lifetime! Start Today!



Head Trainer and Owner
 "The Muslim Trainer"
 Mubarakah "Ibrahim

Programs and Packages

	1 on 1 Personal Training 2 Times a Week	1 on 1 Personal Training 3 Times a Week
24 weeks	\$124 week	\$180 week
Client Reward	2 nights, 3 day vacation package	6 night, 7 days Vacation
12 Weeks	\$136 week	\$192 a week
Client Reward	1 Free Personal Training Session	2 nights, 3 day vacation
6 Weeks	\$144 a week	\$210
Client Reward	\$25 Warm Spirit Gift Certificate	\$50 Warm Spirit Gift Certificate
Partner 2-3 people	6 Weeks / 2 Days a Week \$90 Week pp ps	12 Weeks / 3 Days a Week \$120 Week pp ps
Client Reward	\$25 Warm Spirit Gift Certificate	2 nights, 3 day vacation
Group Training 4 People	6 Weeks / 2 Days a Week \$70 Week pp ps	12 Weeks / 3 Days a Week \$90 Week pp ps
Client Reward	\$10 Warm Spirit Gift Certificate	

Personal Training at BALANCE fitness Includes

- Personal Training w/Certified Personal Training
- Customized Fitness Program
- Beautiful Private Fitness Studio
- Free Scheduled Cardio
- Nutritional Guidance
- Free Water and Towels
- BALANCE Online Nutrition Program(w/ 12+ week program)
- BALANCE Fitness Diary
- Before and After Photos
- Client Rewards (after completing package sessions as scheduled)
- Client Initiation Package

Fitness and Nutritional Support

Strong Bones-Osteoporosis Prevention

(For Seniors 65 and older ONLY!)

Studies have shown that weight training can prevent and even reverse the early signs of osteoporosis. Our strong bones program is a 30 minute, 2 day a week program that is quick and effective strength training routine to help keep your muscle and your bones strong. Even if you have never lift a weight or haven't exercised in years, our strong bones program will have you healthier and stronger in no time.

2 days a week for 6 weeks. . . \$80 a week



Grocery Store Tour

Did you know which foods are the healthful and help facilitate weight loss. This 60 minute grocery store tour will take you through the aisle and show you how to make the best choices for your health and fitness goals. 60 Minutes \$75

In-Home Training in New Haven County, CT

1 on 1 Training in your home or office. Please inquire about other locations in New Haven County. *Prices and Package Vary by Distance*

"A La Cart" Fitness Coaching

Are you self motivated and just need direction in your program? You may be an exercise veteran that knows your stuff but just need to add a little spice to your fitness life. Then Fitness coaching is our way of helping you kick "it" into gear. Meet with a trainer 2 times a month or when ever you need to change your routine or exercises.

\$80 Per 60 Minute Session

Outdoor Fitness Boot Camp for Women

Bowen Field, New Haven, West Haven Beach

Runs March thru October

Per \$249 for six week session

See Studio or Website for Schedule and Locations

Vision and Mission

Philosophy

"Whole Fitness": the belief that physical, mental and spiritual wellbeing is intertwined, the weakening of one weakens them all and the strengthening one strengthens them all

Mission

Changing people's lives by helping them adopt a more healthy and fit lifestyle.

Vision

A healthier world – one woman at a time.

Motto

Look Good, Feel Great!

Purpose

As Personal Trainers, we must be able:

- To provide our clients with the knowledge, skills, guidance, support, motivation and educational resources that will allow them to explore their own fitness potential, as well as, enhance the quality of their lives now and ongoing.
- To offer safe programs, as well as, provide our clients with the knowledge, skills and exercise repertoire so that they can modify their exercise programs by themselves when needed.
- To develop fun, effective and efficient exercise programs that offer variety and meet the specific needs of our clients.
- To incorporate a holistic approach to health and fitness that encompasses cardiovascular fitness, muscular strength and endurance, flexibility, nutrition, stress and lifestyle considerations.
- To act as an aid in the rehabilitation of clients experiencing pain and injury.
- To network with the appropriate health and fitness professionals regarding the care of a client and incorporate recommendations as needed.

Vision and Mission con't

- To establish a warm, receptive and non-intimidating environment that facilitates and enhances the learning process.
- To express ourselves as a confident, competent and committed team of personal trainers whose primary focus is to enhance the quality of life and vitality of our clients.
- To share our knowledge, skills and insight with each other in order to improve our skills and unify our team.
- To remain certified and updated on all current research and fitness trends.
- To uphold professional integrity through our conduct, appearance and respect for our clientele, other personal trainers, and other fitness professionals and organizations within the industry.

This is the mission that powers BALANCE fitness. *Thanks for allowing us the opportunity to help you achieve your **PERSONAL BEST**.*

Mubarakah Ibrahim CPT,
Head Trainer and Owner

Programs

Healthy Weight Loss

Losing weight can be simple complexity. If you have weight to lose then our *Healthy Weight Loss* program is just the support you have been looking for. We approach weight loss from a lifestyle perspective. Incorporating exercise and nutritional support our RESULTS driven program get you to your goal.

Recommended Package: 3 days a week for 12-24 weeks*



Programs

Fit Over 50

If you are a woman over fifty then you know there is no better time than now to focus on your health. We customize a fitness program to help you manage your weight, increase strength, and boost your metabolism, in addition to toning and tightening all the parts that gravity has attacked.

Recommended Package: 2 days a week for 12 weeks*

Baby Bounce Back

Congratulation! You've just completed the ultimate endurance challenge . . . Pregnancy and child birth. You've spent the last year or more nurturing your child(ren), now it's time to take care of yourself. From post C-section body recover and diastases repair to losing that stubborn "baby weight" you can get your best body ever!

Recommended Package: 3 days a week for 12 weeks*

Tone N' Tighten

Does your hand wave hello and your arm wave good-bye at the same time? Have you noticed more things jiggling than they use to? Is gravity working against you no matter how much dieting you do (or don't do)? Then this is the program for you

Recommended Package: 2 days a week for 12 weeks*

*All our program are customizable according to each clients needs.

Look Good Feel Great! - Fit Lifestyle Makeover

Are you tired of being stressed, tired and overweight? We need to make changes in your lifestyle but isn't sure where to start. Become a the best possible version of yourself through our "whole fitness" lifestyle approach. Together you and your fitness coach will make gradual lifestyle changes to help you not just get in the best shape of your life but use your new body to live the life you have always dreamed. This comprehensive program includes

Personal Training 3 days a week for 24 weeks.

Weekly 30 Minutes Consultations

Grocery Store Tour

Personalized Detailed Menu planning

Recommended Package: 4 days a week for 24 weeks @ \$210 Week