



THE GYM

RAMONA



558 MAIN STREET | TGRAMONA.COM | 760.789.3500

POPULAR OPTIONS

FUEL50 & GROUP

Workout with a trainer everyday with FUEL50, take group classes and get full access to TG Ramona. Our High Octane Group Training is a balanced, full body program suitable for most levels of fitness. Take classes mindbody, dance and aerobic classes.

ONE TIME \$99 ENROLLMENT FEE

\$99/MO FOR 12 MOS

\$1088 ANNUAL

TG MULTI

A Multi-Membership is for the do-it-yourselfer. Multi-memberships include access to TG Ramona and all other TGs*. We offer a Monthly an Annual.

ONE TIME \$69 ENROLLMENT FEE

\$39.99/MO FOR 12 MOS

\$475/ANNUAL

FAMILY MEMBERSHIP

Our BASIC Membership for up to 4 living in the same household. Children 12-17.

ONE TIME \$99 ENROLLMENT FEE

\$99 PER MONTH

MEMBERSHIP OPTIONS

	Group	Basic	Basic Multi	Basic + Spa	ALL ACCESS	Family
TG Ramona Access	X	X	X	X	X	X
Fuel50 Training	X				X	
Group Fitness Classes	X				X	
Access to 3 TG's			X		X	
Hydro, Tan, Spray*				X	X	
Enrollment	99	69	69	69	99	99
Monthly	99	34.99	39.99	54	119	99

*Limit 2 Spray Tans per month. Spa Services only available at the Ramona location
All membership will have an annual \$29 equipment fee starting 3 months after sign up.

JUMP START

3 One on One Training Sessions for \$99

Start your experience off right and see how our Training Department can help you meet the goals that brought you through our door today. Don't miss out! (reg \$85/session)

CHILDCARE

We offer a fun and safe environment for your children with monthly memberships and day passes at an affordable rate.

Six Month Childcare Membership:

One Child	\$35/month
Two Children	\$55/month
Three Children	\$65/month

Day: \$10 per child (includes kids smoothie)

Childcare 1 Month: \$45/child

SHORT BASIC

3 MONTHS: \$225 | 1 MONTH: \$75

CIVIL SERVICE

**\$34.99 PER MONTH
W/\$34 ENROLLMENT**

Military, Law Enforcement, Fire
(Active and Reserves with verified I.D.)

FIRST DAY FAMILY GIFT PACKAGE

We understand you have other choices when it comes to fitness and we appreciate your business. We'd like to say "Thank You" with some exclusive gifts when you start TODAY:

- 1 One on One Personal Training Session each
- 2 Weeks FUEL50 Classes each
- 4 Free 16oz. Smoothies
- 1 Supplement Screener Each
- \$15 Club Bucks
- 4 10 minute HydroMassage
- 4 Tanning Bed Sessions
- 2 Complimentary Mystic Spray Tan

\$670 VALUE!

FIRST DAY GIFT PACKAGE

We understand you have other choices when it comes to fitness and we appreciate your business. We'd like to say "Thank You" with some exclusive gifts when you start TODAY:

- **1 ONE ON ONE PERSONAL TRAINING SESSION**
- **2 WEEKS FUEL50 CLASSES**
- **2 FREE 16OZ. SMOOTHIES**
- **DISCOUNTS FOR TRAINING AND PRO SHOP**
- **\$10 CLUB BUCKS**
- **1 10 MINUTE HYDROMASSAGE**
- **2 TANNING BED SESSIONS**
- **1 COMPLIMENTARY MYSTIC SPRAY TAN**

\$357 VALUE!

Name:

Expires on :

Authorized by:

welcome to TG Ramona

We know that you have other options when it comes to fitness, so we would like to tell you a little about what we do here and why we believe we are your best choice for your fitness needs.

The Gym Ramona is a training gym. We have been changing lives in the name of fitness for over 25 years! What does this mean for you? It means that you will have a staff dedicated to helping you achieve your goals and more importantly, it means we have the experience to ensure that you do. No cookie cutter programs here. You will get a fitness program designed specifically for you. Let's face it, results are what matter. Through our personal training programs we have helped our members lose unwanted fat, gain strength, confidence and embrace a new way of life. Our training staff offers over 45 years of combined training experience!

You will find that TG Ramona promotes a clean, fun and motivating environment. Whether you are training on your own, with our trainers or utilizing our many Group Exercise classes, we firmly believe that you will enjoy your experience here.

Thank you again for the opportunity to earn your business. We look forward to seeing you soon as our newest member!

Peter San Nicolas, Owner





hours of operation

CLUB HOURS

Monday - Friday 4:30 a.m. – 10:30 p.m

Saturday - Sunday 7:00 a.m. – 7:00 p.m

CHILDCARE HOURS

Monday- Saturday: 8:00 a.m. - 11:00 a.m.

Monday-Friday: 5:00 p.m. - 7:30 p.m.

HOLIDAY HOURS

The club is closed on Easter, Thanksgiving and Christmas so the employees of The Gym Ramona can be with their families. We will post all other schedule changes relating to other holidays.

All hours are subject to change. Please consult the current schedule or call the club for current hours of operation and class schedules.

What our members are s



*My experience with one-on-one training and small group training has been awesome and productive. I would recommend this type of training because you can **train at your own level**. If there are multiple people training together it is not a competition. The trainers adjust everything to each person's level of fitness and limitations.*

- AnnMarie



"Fuel50 is the perfect functional fitness-training program I need for the demanding physical requirements of my job (first responder), and the twice-daily classes give me many options for my busy schedule!"

- Mick B.

Amazing staff!!! Very Clean facility. Not too busy, has everything you need (especially if you are into bodybuilding or powerlifting). The cardio area on the 2nd floor has a lot of machines you most likely will never have to wait! Smoothies are good too, "The Elvis" is my absolute favorite!
You won't regret a membership here. Owner takes great care and pride in this business, truly one of a kind gym! - Sydney Paige recommends The Gym Ramona

saying

JESSICA ZIMMERMAN TERRY

RECOMMENDS THE GYM RAMONA

BEST GYM EVER!!! I DEFINITELY RECOMMEND IT!



"With the help of knowledgeable trainers Fuel50 has helped me lose over 35lbs. I am stronger now than I ever thought possible. No matter your fitness level, Fuel50 is a full body workout that you will love."

- Jodi C.

I absolutely love this gym!! They have everything you need for any kind of workout! It's never too crowded and the employees and trainers are so nice and inviting! Their protein shake bar is amazing! Quick and yummy after or before your workout. And I love that is a smaller business and I can support them. Everything about this gym is awesome! Highly recommend it!!

"I absolutely love Fuel50, it challenges me to push myself more than I would ever do on my own. The coaches are right there encouraging me, showing me how to do AND more importantly, adapt, certain exercises for me personally."

- Michele B.



We want to make our new clients aware that we do have set guidelines in place that ensure the safety and comfort of all clients at all times. If you have any questions about these please see a staff member before you begin your workout. Clients and guests acknowledge that you are physically able to engage in any activity, program or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other client or club personnel will not be permitted.

policies & guidelines

PROPER CLOTHING AND HYGIENE

- Appropriate athletic shoes only. No street shoes, boots or sandals are allowed in the workout areas. Shorts, sweat pants, tee shirts, tank tops and spandex accessories may be worn if deemed appropriate by the club management.
- Clean workout clothing is required. The management will address unsatisfactory hygiene conditions and corrective action may be required.
- All other clothing and shoes must be kept in lockers. Please keep all valuables at home. Again, we are not responsible for any lost or stolen items.
- Due to severe allergies we prohibit the use of heavy perfume, cologne, oils and body sprays.
- No belt buckles, blue jeans or loose jewelry may be worn in the workout area.

EQUIPMENT AND CARDIOVASCULAR AREAS

- Please be courteous at all times. Allow others to work in during your rest periods.
- Keep hands and feet away from all moving parts and weight stacks.
- Do not attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem immediately to the staff.
- Use your workout towel to wipe off all equipment and use provided disinfectant.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children under the age of 13 are not allowed in any of the weight or cardiovascular areas.

WEIGHT ROOM AREAS

- Again, be courteous at all times. Allow others to work in during rest periods.
- Rack all weights after each use.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips must be used for free bar lifting.

FOOD AND DRINK IN THE CLUB

- Water bottles with spill-proof lids are allowed in all areas of the club.
- Please consume all food items, shakes and supplements at the juice bar.

CLUB DECREE

All members and guests are required to have fun. We are here to help you reach your fitness goals and provide you with a safe workout environment. Please let us know if you have any questions or recommendations on how we can best serve you.

what to expect your first training session

During your first training session you will complete a Fitness Readiness Questionnaire, review your current program and determine what fitness path will take you to your goal with your own personal trainer. Your trainer will also instruct you on proper movements and give you a recommended fitness program.

You will learn how the 4 Pillars of Fitness work together and why they're critical in achieving your goals

THE 4 PILLARS OF FITNESS

1 NUTRITION

You can't out-exercise this. Fuel your transformation with foods you actually enjoy.

THE FIRST PILLAR

Nutrition is 100% responsible for exercise-induced results. If you don't eat, but through happen. If you eat the wrong things, nothing happens. Think of it this way: if you're exercising, give an athlete, and your body needs to be fueled properly during the other 23 hours a day to maximize results.

Your customized 1st Pillar Plan will teach you:

- CALORIES: The amount required by your goal
- COMPOSITION: Fuel your body by choosing the right combination
- TIMING: Refuel better and recover faster

dotFIT

THE 4 PILLARS OF FITNESS

2 EXERCISE AND MOVEMENT

Customized workouts stimulate progress and keep your body changing.

THE SECOND PILLAR

Exercise is the body's stimulus for change. Whether you choose strength training, endurance training or a combination of both, there are four variables that will ensure that your body is given the appropriate stimulus for change.

Your customized 2nd Pillar Plan will teach you P.I.X.E.:

- FREQUENCY
- INTENSITY
- TIME
- TYPES OF EXERCISES

dotFIT

THE 4 PILLARS OF FITNESS

3 SUPPLEMENTATION

Fill your nutrient gaps with a personalized plan to speed your results.

THE THIRD PILLAR

Exercise increases the body's nutrient needs, but it's difficult to meet those needs without gaining weight. Safe and effective supplementation can satisfy your nutrient needs without adding calories, improve your workouts, speed recovery and avoid plateaus.

Not all supplements are created equally, so we use a professional screening process to give you a customized supplement plan. You'll learn:

- HOW TO FILL YOUR ESSENTIAL NUTRIENT GAPS
- HOW TO ACCELERATE YOUR RESULTS

dotFIT

THE 4 PILLARS OF FITNESS

4 COACHING & ACCOUNTABILITY

Regular feedback makes all the difference. Our Coaches will get you there.

THE FOURTH PILLAR

The right coach can help you get consistent results week after week. Learn how to fit all 4 pillars of a safe, effective program into your lifestyle, how to stay motivated and how to avoid plateaus.

Your coach will teach you how to make your journey:

- FUN
- SAFE
- EFFECTIVE
- MOTIVATING

dotFIT

Please book your First Session within your first week of membership to take full advantage of your time and benefits.

childcare

SIX MONTH CHILDCARE MEMBERSHIP:

ONE CHILD	\$35/MONTH
TWO CHILDREN	\$55/MONTH
THREE CHILDREN	\$65/MONTH

DAY PASS:	\$10/CHILD
CHILDCARE 1 MONTH PASS:	\$45/CHILD



policies & guidelines

1. Parent must sign child(ren) in and out.
2. We reserve the right to deny childcare to members with ill children.
3. Child(ren) must be released to the person who signed them in.
4. Child Care is for children 6 months to 11 years old.
5. The maximum stay is 1 hour.
6. Parents must remain in The Gym Ramona facility while their child is in Child Care.
7. No peanut products will be allowed in Child Care.
8. Please take your child to the restroom before leaving them in Child Care.
9. We cannot change diapers or assist with toileting. We will retrieve the parent to help with these needs.
10. Please do not bring in toys from home.
11. Management reserves the right to ask a parent to remove a child if he/she is causing a problem.
12. Drinks and snacks must be labeled and in spill proof containers. All food and drinks will be put away at the request of a parent whose child has food allergies.



sick kiddos

A "sick" child is defined as a child who is contagious or infectious and poses a health risk to others. DO NOT bring your child in if any of the following apply.

1. New onset of any kind of rash within first 3-4 days of its occurrence.
2. Strep Throat is contagious if left untreated. May return 24 hours after 1st dose of antibiotics.
3. If a child has chicken pox, they must be completely clear of pox before they return.
4. Vomiting within last 24 hours.
5. Any green or yellow mucous coming from the nose (regardless of the use of antibiotics).

If a child comes in with any of these symptoms, we will ask you to please return after they have been resolved. Thank you for helping us to provide a safe, clean and healthy environment for you and your family.

CHILDCARE HOURS

MONDAY- FRIDAY

8:00-12:00 P.M.

5:00-7:30 P.M.

SATURDAY

8:00-12:00 P.M.

what is **group personal training** and does it work?

by Eric C. Stevens

Group personal training has become somewhat of a buzzword in recent years as small exercise studios are in and the big box gyms are out. People nowadays want personalized workouts and individual attention without paying the hefty price of one-on-one training. Enter the latest fitness craze - group personal training.

It used to be that doing fitness meant one of three things:

- You were a lone wolf gym rat.
- You did group exercises classes (jazzercise, aerobics, etc.).
- You hired a personal trainer to whip your butt into shape.

Wikipedia defines a personal trainer as "a fitness professional involved in exercise prescription and instruction." But in use, the term has become synonymous with one-on-one training, even though customized exercise prescription and instruction is certainly not limited to a one-on-one construct. In recent years, we in fitness have discovered that you can work in a small group and still receive that personal attention and individualized workout.

While it may be the latest fitness trend, group personal training isn't going anywhere. Why? Because it works and it's cost effective, especially when compared with its high priced cousin, personal (or private) training.

How Is Group Personal Training Different From Exercise Class?

An exercise class is a formatted class that the entire group follows. Zumba, step aerobics, and BodyPump are examples of a group exercise classes. You show up and perform the motions that are being demonstrated or cued. A group exercise class is basically choreographed in that the entire group more or less is doing the same thing. In a group exercise setting, the teacher instructs, and the students follow.

Conversely, group personal training is different because of that operative word, personal. Group personal trainers do one thing differently than an exercise instructor - they coach. In a group personal training setting, students are often doing different things at their own customized level of fitness or ability.

While a group exercise class looks much like a choreographed dance, a group personal training class looks like a group of people doing different exercises together at their own rate of speed, intensity, and ability. Group exercise classes are typically larger and limited only by space available, while group personal training classes tend to be smaller in scale.

The Advantages to Group Personal Training

The obvious advantage of group personal training as compared to one-on-one training is cost. For years while I was a personal trainer, my clients were paying me roughly \$1,000 a month for one-on-one training. My clients now pay \$100-150 a month for group training. A lot of people will shell out a hundred bucks a month for good instruction, great workouts, and solid results. Not a lot of people can or will pay a thousand bucks a month for the same thing.

In addition to cost savings, with group personal training you get the added benefit of motivation from both your peers and the instructor. There is more energy in a group setting and even a little bit of good, old-fashioned competition. It's just human nature that if the person next to you is giving an all out effort, you are more likely to do the same.

In a one-on-one session, if you don't feel like working hard, you don't. I consider myself a pretty decent motivator, but I have had plenty of one-on-one clients who didn't feel like putting forth effort, so they didn't. Pulling out every trick in the book, even the best trainer can't motivate an unmotivated person. In a group though, people tend to give their best.



The Bottom Line on Group Personal Training

What number of people distinguishes group personal training from a group exercise class? It's a valid question. Having taught in a group personal training setting for years, there is a point of diminished contact with the instructor when the group gets too large. That is, at a certain point, no matter what the format of a class, a large group becomes in essence simply a group exercise class.

If you are signing up for group personal training and it is your intention to receive that one-on-one contact, corrected form, and individual focus, then you need to scrutinize when and where you go. Beyond the range of fifteen to twenty people, it's difficult for the instructor to give much personal attention. When a class gets to that size, it's simply another exercise class.

So, here's my bottom line take on group personal training.

If you are looking for an intense workout, getting motivated into shape, or simply to lose a few pounds, then go to a group personal training studio or class. You don't need your own individual personal trainer to get a great workout. Group personal training is a great option at a fraction of the cost of one-to-one personal training.

However, if you are looking for specific skill-based improvement, improved movement functionality, or improved posture and alignment, then spend the money and hire a one-on-one trainer. In the end, there isn't a replacement for that private coaching, but having it will cost you.



diet in the d e t a i l

by Peter San Nicolas
Owner, TG Ramona

The saying “You can Never Out train a Bad Diet” will always hold true unless you’re an Olympic Swimmer or Decathlete. These athletes, under extreme training burn so many calories it’s a chore to eat enough. I’m assuming that this isn’t you, and that you’re the average American that sits on your hind-side 50% of the day and is looking to lose that 10-50 pounds you’ve accumulated since college. Let’s face it, left to the will of your daily schedule, you move significantly less than your parents did, and probably 75% less than your great grandparents.

This creates quite a problem when combined with the ease of acquiring food and the dense calories of most people’s food choices. We burn a lot less calories than 100 years ago, and eat a whole lot more than we need. This all equates to an uphill battle against the bulge.

I’m guessing you’re either on a diet, thinking about getting on one, or have been on one in the past. That darn “D” word! I hate it! Let’s face it, there’s a lot of diets out there, and guess what, they almost all work. The problem is they have a beginning and an end. At the end people usually revert back to their old ways. I challenge you to stop jumping on the latest fad diet and start paying attention to the other “D” word... DETAILS! Here’s what I mean by the details. It’s all the little details that add up and will sabotage your whole day. Dressings, nuts and seeds, a taste here, and chip there. Some bread brought out before your meal. Guacamole here and a sprinkle of cheese there. The little things add up. Let’s play out the scenario.

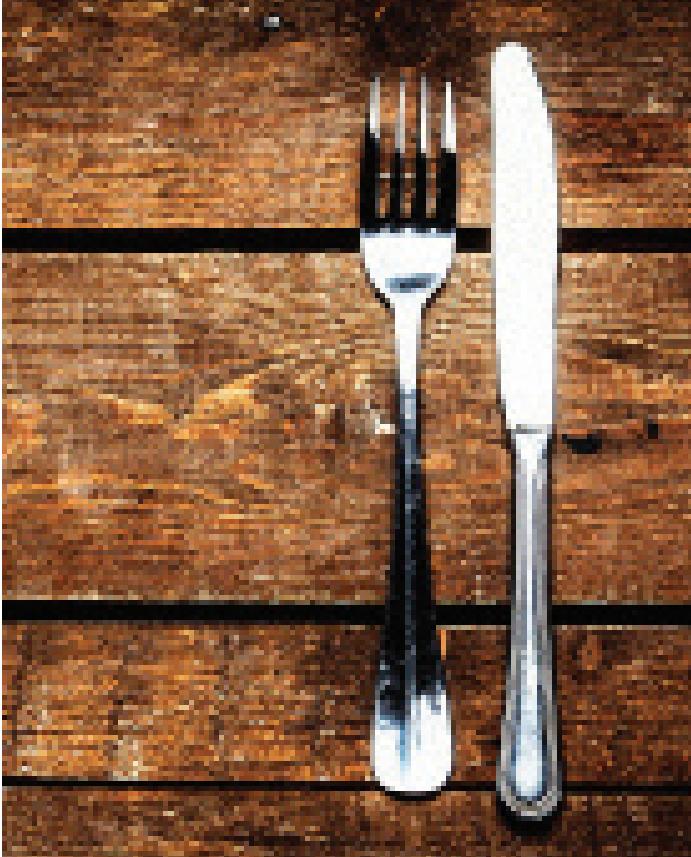
You’ve decided to follow a proper eating plan consisting of four “meals” or eating times, per day, adding up to 1500 calories. This is perfect to help you lose 1.5 lbs per week. Your daily activities add up to 2250 calories burned and creates a 750 calorie deficit, which then has you burning 5250 calories of body fat off per week, aka 1.5 lbs of fat off your body. In 16 weeks you’ll be down 24 pounds!! Now let’s take a peak at the details from sun up to sun down that can easily sabotage this phenomenal success.

It all starts with your coffee. Have you really ever measured out a 50-70 calorie serving of creamer. You know, two tablespoons? Scratch that. It’s actually teaspoons, but who’s measuring? You think “Oh, it can’t make that much of a difference.” It can! Most people pour about 4 times the proper serving adding a total of 200-280 calories to their coffee. Always pay attention to the liquids you drink. It’s the fastest way to increase your calories.

Next, your making lunch for your kids. You’re doing the right thing, being the better parent by making a lunch. While you’re doing so you nibble a few fish crackers. Probably 8-10. No biggie it’s only 30 calories. Kids are off to school and you head into the office where, sweet Jennie, bless her heart, always keeps a nice stock of dark chocolates in a bowl at the reception area. Just one fun size Mr. Goodbar can’t hurt. After all it’s a fun size. Add 50 calories.

Finally it’s lunch and you head to the organic farm-to-table place that has those amazing salads! Yum! Eating healthy never felt or tasted so good! You order that quinoa salad, it’s all the craze. Ch’ching add it up. Did you know quinoa has just as many calories as rice, or a potato? It’s definitely healthy and has tons of nutrients, but buyer beware it’s not low calorie. Don’t forget the pesto sauce. Whoops, we just ate a 1000 calorie salad. Truthfully, are you really going to need that amount of energy while you click away sitting at your keyboard for four more hours? Uh, NO!

You’re feeling good about yourself! You had coffee and skipped the latte, had one fun size candy instead of the donut, ate a salad for lunch and now you’ve got dinner planned. I can smell it now, fish and gluten free pasta! Everyone says you have to have salmon, it



has omega 3 fatty acids, it's oh so good for your hair and skin, heart and cognitive synapses. Oh, you can't forget that gluten free pasta. It's better on your gut and digestion. After all that's why you've haven't been able to lose weight. You can't digest the food properly and your body is just holding on to it. I have a feeling it's maybe a few other reasons other than your mild to insignificant gluten allergy. These are all healthy choices that are truly very good for you. Honestly, I love all of these food choices. The salmon is great, but realize this, one serving of salmon is 2-3 oz and is 233 calories. Almost guaranteed, the portion you ate, unmeasured, is about 6-8 oz. Multiply 233 times 3.5 and you have 815 calories, almost 600 more than a proper serving. But wait there's more (insert cheesy game show host announcer voice), the gluten free pasta! 1 cup is 233 calories. Add that, yes healthy, but also very hearty dinner. 1048 KILOCALORIES!!! OMG!

Ready to recap just the extra details?

Breakfast extra 200

Lunch making nibble 30

Fun size Mr. Goodbar 50

Farm fresh fill up 500

Filled to the gills dinner 548

Grand Total of EXTRAS 1328!!



Yes this may be just a bit of an exaggeration, but it's not too far from the truth. It's no wonder why people get so frustrated thinking they are eating healthy and in reality they are, but if you don't pay attention to the DETAILS of serving size, macro nutrients, and snacking habits, one can become extremely discouraged and throw in the towel. Don't give up, get detailed and pay attention to what you are putting into your body. You only get one body and it's an amazing machine capable of spectacular feats. The downsizing is in the details!!

massage & bodywork

Therapists available on site.

Contact staff for booking information.

Our massage therapies are open to the public as well as for our clients. Clients receive priority booking. Lockers are available for your use while you enjoy your treatment.



Services include, but are not limited to, the following:

SWEDISH MASSAGE: A RHYTHMIC MASSAGE WILL LULL YOU INTO A RELAXED STATE WHILE REMOVING TOXINS FROM TIRED AND STRESSED MUSCLES.

DEEP TISSUE: A DEEPER VERSION OF OUR SWEDISH MASSAGE TARGETING MUSCLES AS A GROUP AND ALSO ADDRESSING INDIVIDUAL AREAS AS NEEDED.

REFLEXOLOGY: A CHINESE TECHNIQUE THAT WORKS WITH THE BODY'S ENERGY FLOW TO REDUCE PAIN, INCREASE RELAXATION, AND PROMOTE CIRCULATION OF BLOOD AND LYMPHATIC FLUIDS. PRESSURE IS APPLIED UPON SPECIFIC "REFLEX" AREAS IN THE HANDS AND FEET THAT CORRESPOND TO OTHER PARTS OF THE BODY.



The DMS provides deep muscle tissue with kinetic forms of percussion and concussion vibration, which in turn facilitates the patient or athlete with the benefits of:

- Increased circulation
- Reduced pain
- Faster rehabilitation from injury
- Increased lymphatic flow
- Break up of muscular scar tissue
- Reduced lactic acid build up
- Tissue Regeneration
- Soft & Active tissue release

hydromassage

HydroMassage is a convenient way to get the therapeutic results of a traditional hand massage, without the time constraints. The bed allows you to lay down, fully clothed, and enjoy customized water pressure on all areas of your body for as little as 10 minutes. Great for pre-workout and post workout massage. Hydromassage is more cost effective than traditional massages, offering most of the same benefits for the mind, body, and soul.



pricing

Drop In	\$10(10minutes)
Monthly	\$15

*No transfers or holds on services. Prices subject to change at end of agreement. Reservations can be made within a 24 hour period. Member prices. Non member prices vary.

spray tan



Mystic Tan Kyss, a heated spray tanning system, is designed to consistently deliver a customizable, perfect and natural-looking tan. Every step of your journey — from solution selection to Mystic Myxers™ to the state-of-the-art booth environment — is easy, fun and focused on delivering great color.

Mystic Tan spray tan solution transforms skin color to a deep, natural tan. The spray tan solution, in single use cartridges, is formulated with Eco-Cert DHA, Eco-Cert Erythrulose and D-Odor 200™. Eco-Cert, DHA and Erythrulose work in combination to produce a tan that lasts longer, fades more evenly, and provides a natural color for all skin tones. Fragrance-free, bronzer-free, extended spray tan solution allows individuals to personally customize their Mystic Tan with Myxers™.

Available in 3 Tanning Choices

Luminous Light: 1–3 shades darker than your natural skin tone
Magical Medium: 2–4 shades darker than your natural skin tone
Dazzling Dark: 3–5 shades darker than your natural skin tone

MYXERS™

3 Types of Myxers

Bronzer: For an instant tan
Accelerator: Amplifies and accelerates extended tan
Scent: An aromatic experience
Bronzers: Multiple bronzer shades enhance every skin tone

Mocha-Kysed: Warm brown undertones
Island-Kysed*: Cool brown with violet undertones
Sun-Kysed: Warm brown with red undertones
Honey-Kysed: Warm brown with golden undertones

*only available in triple bronzer

LIMITED TO 2 SPRAY TANS EVERY 7 DAYS.



pricing

Drop In \$25

Monthly \$65

*No transfers or holds on services. Prices subject to change at end of agreement. Reservations can be made within a 24 hour period. Member prices. Non member prices vary.

tanning bed



The Ergoline Passion 40/3 Turbo Power is the top model of this new series and offers high-end tanning performance and comfort. The strength of this model is evident in its 40 Turbo/Super Power UV lamps, three 400-watt glass reflector high-pressure units and two additional UV-B spaghetti lamps in the facial area. This combination guarantees an intense and long-lasting tan. The use of glass reflectors in the facial tanners as well as additional spaghetti lamps enhances this sunbed's appeal as having a true passion for power. Besides this compact sunbed's

amazing level of power, it also has premium comfort features. The ergonomic Bodyform Plus base acrylic perfectly positions the tanner for an even distribution of UV light and makes it as comfortable as a larger sunbed. The airflow available with the Comfort Cooling ventilation system is superior to simpler systems and provides a level of relaxation unique to this level of sunbed. Clients who want to have their own personal music will thoroughly enjoy the available Stereo Sound Plus system, which includes an MP3 player connection. All of this is controlled by the intuitive EZ-Touch glass front panel. It makes individual settings and adjustments a breeze. Finally, the distinctive lines and the illuminated décor give the Ergoline Passion 40/3 an incredible personality that fits any salon's interior design.

pricing

Drop In	\$15
Monthly	\$25

*No transfers or holds on services. Prices subject to change at end of agreement. Reservations can be made within a 24 hour period. Member prices. Non member prices vary.

what are the benefits of a protein shake?

by Josh McCarron

Protein shakes refer to some form of protein powder combined with a liquid and often other ingredients, then blended into a drink and consumed after a workout or as a meal replacement. Traditionally a drink for bodybuilders, protein shakes have become popular with all types of people to enhance exercise and diet goals. The protein commonly used in protein shakes often comes from whey--which is derived from cow's milk--soy and hemp. Adding protein shakes to your lifestyle can provide several benefits.

WEIGHT CONTROL

Used as a meal replacement, protein shakes are enable you to control your fat and calorie intake, which is beneficial to weight management. Portion control is a major problem for many people, and since many protein powders have controlled portions of calories, fat, protein and carbohydrates, it makes your job easier, says the Quick Weight Loss Principle website.

MUSCLE BUILDING

When you exercise, whether it is with resistance training or not, muscle tissues are torn and must be rebuilt for your muscles to develop, and protein shakes will help the rebuilding process, according to Straight Health. Drinking

protein shakes enables you to control the amount of protein you are consuming, and since it is in liquid form it will enter your bloodstream faster and get to work.

CONVENIENCE

Trying to consume a high amount of quality protein through solid food can take a lot of preparation and be quite time consuming. For those situations where you may be short on time, a protein shake offers the luxury of quality ingredients in a convenient package.

NUTRIENT INTAKE

One of the main benefits of making and consuming protein shakes is the opportunity to add a multitude of other nutrients along with the protein powder. In one drink, you can enjoy the benefits of protein, frozen berries, flaxseed oil, aloe vera gel, coconut oil, natural peanut butter, plus any other foods or supplements you may want. You will have to experiment so your additions don't make the shake unpalatable, but your options for added nutrition are abundant.





THE BEST PART OF WORKING OUT IS THE RELAXING MOMENT AFTERWARDS WHEN YOU HAVE A CHANCE TO ENJOY A FEW MINUTES OF THE DAY JUST FOR YOURSELF. CITY BLENDS SMOOTHIE CAFE PROVIDES AN OPPORTUNITY TO SIT AND DECOMPRESS BEFORE YOUR WORKOUT OR TAKE THAT MUCH NEEDED BREAK BEFORE HEADING BACK TO YOUR LIFE. IN A HURRY? SMOOTHIES ARE GREAT IF YOU'RE ON THE GO! CITY BLENDS IS OPEN TO THE PUBLIC SO TELL YOUR FRIENDS AND FAMILY WHERE THEY CAN GET DELICIOUS, NUTRITIOUS SHAKES AND SUPPLEMENTS!

CITY BLENDS OFFERS:

Countless shake combinations for energy, losing weight, gaining mass and muscle or just a simple low calorie snack or meal replacement.

Be sure to look for our current promotions and specials!

You also have the opportunity to open a member pre-pay account with the gym so you can enjoy all of the gym's services without the hassle of carrying cash to the gym.

City Kids smoothies great for the little one's. They won't even realize how healthy the smoothies can be!

Fundraising Events for your non-profit. Ask our Team Leader how City Blends gives back.

Start a punch card and earn a free medium smoothie when you purchase 10 at regular price!



why **train** with TG Ramona?

ARE YOU LOOKING FOR A TRAINING PROGRAM THAT KEEPS YOU MOTIVATED?

ARE YOU LOOKING FOR KNOWLEDGEABLE TRAINERS WITH YEARS OF EXPERIENCE?

ARE YOU LOOKING FOR A BALANCED FULL BODY WORKOUT?

ARE YOU LOOKING FOR HEALTHY COMPETITION AND PEER ACCOUNTABILITY?

ARE YOU LOOKING FOR A MEASURABLE, OBTAINABLE, PROGRESSIVE PROGRAM?

THEN YOU'RE LOOKING TO TRAIN WITH TG RAMONA

SMALL GROUP TRAINING

(3 TO 6 PARTICIPANTS)

Whether you choose to work privately with your trainer or share your appointment in a semi-private training program, you will be given the tools you need to reach your goal.

Small group training is perfect for clientele that have specific goals, and those who do not prefer to train in larger groups. These groups are often specialized; learning a specific skill such as barbell, bodyweight or kettlebell training. The emphasis is on building a training program for the individual while working on corrective strategies to help clients improve any movement restrictions. Small group personal training is suitable for all levels of fitness as the group practices the skill being taught at their own ability. Members can join an existing small group training.



FUEL50

HIGH OCTANE GROUP TRAINING

FUEL50 TRAINING

(7-20 PARTICIPANTS)

Wondering what the FUEL training program is all about and if it's the program for you?

Fuel is a group training format that will motivate, challenge and test you! Yes, you can test to our FitRanX levels and always have something to work toward.

No stale workouts. No fitness plateaus. Comaraderie, awesome and knowledgeable training teams and great fitness await. FitRanX is a comprehensive and standardized ranking system used for gauging individuals' fitness levels. This is not a system based on how long you have been at a facility or how much your trainer thinks you have improved. This is a REAL ranking system that took years to develop and perfect. Welcome to your new favorite training program. Ever.

"The coaches know your ability and level and are able to push you beyond what you think you can do. They know you can do more than you're sometimes willing to step up to. It's a lot of fun!"

- Carla P.



ULTIMATE ATHLETE

YOUTH & TEEN FITNESS

Ultimate Athlete (UA) is our Youth and Teen Fitness Program to Improve Speed, Agility, Quickness, Strength and Mobility.

Develop Sportsmanship and Teamwork.

Children ages 8 years to 17 years are welcome to participate.

Classes are twice per week.

Register today. \$44/mo*

There's no magic number of times you should hit the gym every week. How often you go depends on your body, your fitness goals, and your schedule. Still, there are some general guidelines: running on treadmill at gym

General fitness: 4 - 5 days per week

Weight loss: 5 - 6 days per week

Muscle building: 3 - 4 days per week

Let's take a closer look at each.

IF YOU WANT TO IMPROVE YOUR GENERAL FITNESS AND KEEP IN SHAPE...

...GO TO THE GYM FOUR TO FIVE DAYS A WEEK.

If your goal is greater endurance or burning calories, try three days of cardio and two of strength training. If your goal is building strength and muscle tone, reverse that. You could also switch each week to keep things balanced.

Your two off days are "active rest." It's important to engage in at least 30 minutes of physical activity per day to maintain good health, even though you aren't working out. This could include taking a walk around your neighborhood (or the gym track), playing ball with your kids, or even doing yard work or chores.

Benefits: A four to five day a week gym schedule allows for a balanced workout routine. It keeps you active and in the habit of going to the gym, while still allowing your body time to recover between workouts. Many people find that they just feel better when they've been to the gym!

Potential Risks: If you've got a packed schedule, it may be difficult to work in four to five gym sessions. Once you start missing workouts, it's easy to get frustrated and out of the habit. Cut back to three days instead and make the most of them. HIIT is a great way to make the most of limited gym time.

When you're at the gym nearly every day, you may get bored with your routine if you're doing the same things constantly. Your body will get bored, too, and you won't be able to maintain a useful intensity. Mix things up! Venture out from the machines and try a group fitness class. Learn kickboxing or dance. Hit the pool. Try tennis or meet some friends for a pickup basketball game. Check out barre or Pilates. You're more likely to stay motivated if you have something new and exciting to look forward to.

IF YOUR GOAL IS TO LOSE WEIGHT (AND BY WEIGHT WE MEAN BODY FAT)...

... GO THE GYM FIVE TO SIX DAYS PER WEEK.

To lose weight, most adults need 60 to 90 minutes of moderately intense physical activity per day while keeping caloric intake in check. This can vary according to your diet, your age, weight, and gender, plus the types of workouts you do.

You don't have to spend all your time on cardio machines or in aerobics class to lose weight. Dedicating two or three days to resistance training will tone and strengthen your muscles while burning calories. Focus on aerobic exercise the other three to four days.

Benefits: Going to the gym five times per week allows you complete your daily workouts in one session, and gives you access to many different ways to exercise. Exercising most days of the week is good not only for weight loss, but for your overall health and well-being.

Possible risks: When weight loss is your goal, it's easy to start out super-motivated about going to the gym and then start to burn out. This is especially true if you weren't active before and are now hitting the gym five days a week. Rather than skipping workouts because you don't feel motivated, try changing things up. Try a dance aerobics class, kickboxing or swimming instead of running on the treadmill every time. Learn a new sport.

You might also try cutting back your gym time and instead ramp up the intensity with HIIT workouts if appropriate for your fitness level. If you're burned out going nearly every day, you could try going three or four days a week and adjusting your workout intensity and/or caloric intake.

What if you're having the opposite problem and working out too much? Overtraining can cause a weight-loss plateau as your body's protective mechanisms kick in, trying to hold on to weight. If you've hit a plateau, and/or you're constantly sore and fatigued, it's time to change up your routine and possibly cut back on the workouts. You may be able to ramp up again once your body has had time to rest and recover.

IF YOUR GOAL IS BUILD MUSCLE...

...LIFT WEIGHTS AT THE GYM THREE TO FOUR DAYS PER WEEK.

On a three to four day schedule, focus on two muscle groups per session. Do not work the same muscles on consecutive days—allow them time to recover. Some people do well on a five to six day a week schedule, working only one muscle group each time.

If you want to go the gym more often, you can...but don't work overwork tired muscles. They need the rest. Instead, try a restorative yoga class. Take advantage of the sauna or whirlpool to ease soreness. Walk around the track.

Benefits: A three to four day schedule allows for adequate rest. Muscles don't grow when you're lifting weights. They grow as they recover and repair themselves between sessions. Your nervous system also needs to recover so you perform exercises correctly. Push your muscles too hard, too often, and you risk plateaus and overuse injuries.

Potential risks: Even when you're allowing rest days, you need to listen to your body. Your body may need more time to repair itself than you've allowed, especially following a particularly intense workout. If a muscle is aching, pay attention. Don't work it again until it stops.

IN GOING TO THE GYM, QUALITY IS MORE IMPORTANT THAN QUANTITY.

What you do at the gym is more important than how often you do it. If you go to the gym almost every day but don't push yourself, use improper form, or wear down your body through overtraining, you're going to less benefit than someone going three times a week and utilizing that time effectively. Consulting a professional trainer is a great way to formulate a fitness plan that works for your goals, body type, and schedule. He or she can help you get the most from your workouts.

Remember too that life is about balance. It's better to commit to a moderate workout schedule that you can maintain than to go full-tilt and get burned out after a month. Going to the gym is about lifelong good health and feeling your best. Find the balance that works best for your life and your goals.

HOW OFTEN SHOULD I GO TO THE GYM?

group fitness

Group exercise offers many advantages that doing workouts on your own just can't match. Our program offers a variety of classes scheduled on a regular basis as well as specialty classes for those who want to pursue different interests.

Why group exercise can work for you:

- Group exercise offers the motivation of being part of a large, enthusiastic, and sometimes rowdy, class of people who want their fitness in a class setting.
- Group exercise can keep your personal schedule on track with workouts that meet at regular times, don't run over, and that get you in, done, and out while feeling that you still had a great workout that day. Your excuse that you didn't have time to workout disappears with group since you're in and out in an hour maximum.
- Group exercise offers a **routine** for those who want to look forward to their favorite classes and **variety** for those who like to mix it up to stay fresh and motivated.



Class Descriptions

TURBOKICK®

There's a party happening at the gym! And guess what? You're officially invited. Turbo Kick LIVE combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape—learning hard-hitting combos and edgy dance moves while torching fat and carving lean, sexy muscle in the most empowering class you've ever taken!

ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

PIYO®

PiYo® is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

SILVER SNEAKERS® CLASSIC

Muscular Strength and Range of Movement: Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered to for resistance, and a chair is used for seated and/or standing support.

YOGA

A flow class geared towards those new to yoga or preferring a slightly gentler class. Time is spent breaking down poses fundamental to a Vinyasa practice. Enjoy movement with breath for a relaxing workout. Props and modifications offered for proper alignment and ease in the postures.



welcome to The Gym Ramona! FAQ's

Q: Is there a referral reward if I refer my friends?

A: Absolutely! Rewards are unlimited. Please see your gym for more details.

Q: Do you offer a guest pass for my friends?

A: We do have a \$15 Guest Day Pass so your friends can join you at the gym. Guests will need to stop at the desk and sign Health/Liability Release form and buy their pass. Guests that are under the age of 18 must be accompanied by a parent or legal guardian.

Q: May I make a payment in advance at the gym?

A: Yes, please be sure to pay at least 5 business days before your designated billing date.

Q: Do I need to scan my membership card every time I come to the gym?

A: Yes. It is a matter of safety and security that we have all patrons of the gym scan their membership card when they arrive.

Q: Do I have to have my photo taken?

A: Yes. All members will have a photo attached to their membership to verify their identity.

Q: How can I update my billing information?

A: You may update your billing information at the gym.

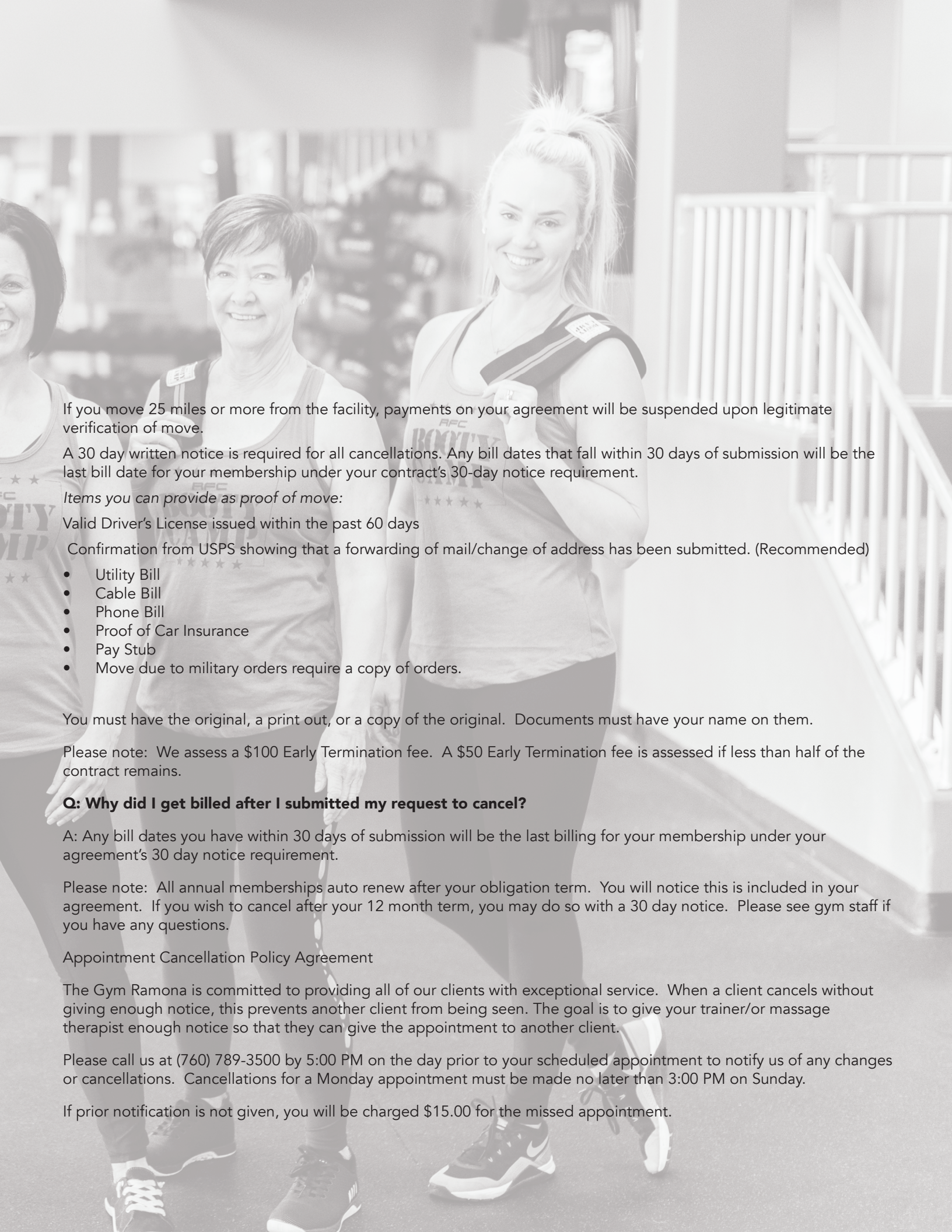
Q: How do I cancel my membership?

A: We hate to see you go! If you have completed your 12 month obligation and you wish to cancel your gym membership you may come into the gym to notify us, or mail a certified letter to The Gym Ramona ATTN: Manager 558 Main Street, Ramona, CA 92065. Please provide your contact information so we can reach you. Any payment due within 30 days of request will be assessed.

Q: I want to cancel my membership, but I am still in my obligation.

Your agreement allows you or your estate to cancel if you become disabled or die and also if you move more than 25 miles from the facility.

Cancellation on the basis of disability: The disability must be of a kind that somehow affects your capacity to use or enjoy the club's facilities. A physician must verify the condition and provide a written request to cancel.



If you move 25 miles or more from the facility, payments on your agreement will be suspended upon legitimate verification of move.

A 30 day written notice is required for all cancellations. Any bill dates that fall within 30 days of submission will be the last bill date for your membership under your contract's 30-day notice requirement.

Items you can provide as proof of move:

Valid Driver's License issued within the past 60 days

Confirmation from USPS showing that a forwarding of mail/change of address has been submitted. (Recommended)

- Utility Bill
- Cable Bill
- Phone Bill
- Proof of Car Insurance
- Pay Stub
- Move due to military orders require a copy of orders.

You must have the original, a print out, or a copy of the original. Documents must have your name on them.

Please note: We assess a \$100 Early Termination fee. A \$50 Early Termination fee is assessed if less than half of the contract remains.

Q: Why did I get billed after I submitted my request to cancel?

A: Any bill dates you have within 30 days of submission will be the last billing for your membership under your agreement's 30 day notice requirement.

Please note: All annual memberships auto renew after your obligation term. You will notice this is included in your agreement. If you wish to cancel after your 12 month term, you may do so with a 30 day notice. Please see gym staff if you have any questions.

Appointment Cancellation Policy Agreement

The Gym Ramona is committed to providing all of our clients with exceptional service. When a client cancels without giving enough notice, this prevents another client from being seen. The goal is to give your trainer/or massage therapist enough notice so that they can give the appointment to another client.

Please call us at (760) 789-3500 by 5:00 PM on the day prior to your scheduled appointment to notify us of any changes or cancellations. Cancellations for a Monday appointment must be made no later than 3:00 PM on Sunday.

If prior notification is not given, you will be charged \$15.00 for the missed appointment.

how to connect with us

TGRamona.com | 760.789.3500 | 558 main street

general information

info@thegymramona.com

follow us on social media



@TheGymRamona



@thegym_ramona

Changing the Game Changing the Game Changing the Game

RAMONA