

An Apple a Day



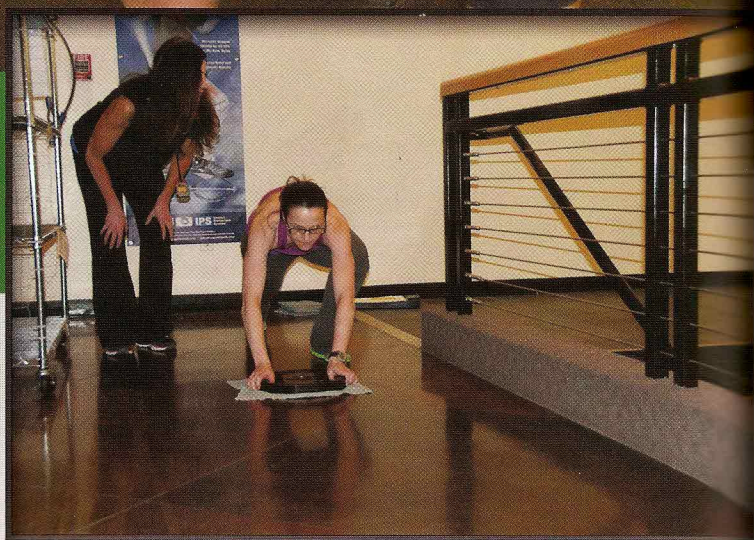
Sorry guys, this weight loss program is just for the ladies.

By Alisa Clickenger

We've all heard the proverb "an apple a day keeps the doctor away," and nowhere is that more true than in Idaho Falls. Apple Athletic Club, a family run business on Jennie Lee Drive, has been helping area residents to get fit, healthy, and strong for more than two decades. There's no end to their innovations to keep clients motivated and keep exercise fun.

One of Apple Athletic Club's more inventive programs is their Women's Only Weight Loss Program. Apple Athletic Club started this class four years ago, and they've already helped over a thousand women in creating lasting changes. The Women's Only Weight loss classes are focused, fun, and designed to help ladies look good and feel great.

As a participant, you'll meet with a female certified trainer twice a week over a period of eight weeks. The trainer has already been through the class so she knows what you are up against. Classes are taught in a group setting of women all motivated to lose weight just like you. The Women's Only Weight Loss Program will help you change your habits, lifestyle, and your physical fitness level.





2030 Jennie Lee
Dr. Idaho Falls, ID
208-529-8600



The best part is the class is never more than six women and you won't get bored doing the same old routine everyday. From lady-friendly circuit weight training, to cardio routines, to core work, the trainer mixes up the workout so your body gets the best benefit. You'll learn, share, and work out with women who are just enthused about seeing results as you are. You'll learn a proven weight loss system and not a fad diet or weight loss gimmicks. Apple Athletic Club will teach you about good food choices and record keeping on your caloric intake and physical output, and you'll learn how to exercise properly for maximum weight loss.

One of the many success stories is a mother and daughter that joined the Women's Only Weight Loss program last year. They joined the program together, lending support to each other during the class, and continued to work out together throughout the summer losing a combined 50 pounds!. Their lifestyle change then trickled over to their relatives, and now everyone in the family goes to the club.

There's a class to fit every schedule. Classes are offered both in mornings and evenings and new classes start every month. Head on over to Apple Athletic Club where an apple a day helps keep the doctor away.

Apple Athletic Has Something For You

Apple Athletic Club is a 60,000 square foot state-of-the-art facility in Idaho Falls. The club offers a wide variety of free weights, exercise machines, and personal training. Group fitness classes include Pilates, Yoga, Step, Kettleball, Zumba, and Group Cycling. Athletic leagues include racquetball, basketball, volleyball, dodgeball, and golf. Apple Athletic Club offers over 100 group exercise classes per week that are free for all members.

Apple Athletic Club is, in fact, the only health club in Eastern Idaho. The Club takes a broad and fun approach to being healthy and fit. Classes like the Walking Fit class even takes it outdoors doing Interval Cardio and Strength Training through walking and resistance bands. Apple Athletic Club also has a whole host of specialty fitness classes like Tae Kwon Do, Dance Classes, and Tai Chi.

There is also a women-only workout area that is directly connected to the women's dressing rooms and showers. There is a juice bar on site, as well as a pro shop, tanning salon, manicure and pedicure place, a massage facility, and a nursery. Apple Athletic Club also features aquatics, tennis, and youth sports. It's THE place in Idaho Falls to get fit and healthy with the entire family.

Always the Place Peoples Lives are Enhanced.