



## RK SOLID X-CEL

To be ready for the competitive season, you'll need to start conditioning early . . . and that's where **RK Solid X-Cel** can help. **RK Solid X-Cel** are professional fitness trainers skilled in customizing exercise and conditioning programs to prepare you for any and every sport. By providing hands on resistance training, plyometrics, stretching, running, agility drills, and sports nutrition, we can increase your flexibility, strength, agility, vertical jump, speed and help motivate you toward success . . . all before your competitive season begins or as a supplement during.

**RK Solid X-Cel** works with athletes as young as 8 years old using resistance techniques instead of weights. For athletes over 12, **X-cel** introduces customized programs utilizing all forms of weight and resistance training.

**RK Solid X-Cel** operates out of **Four Seasons Health Club**, the largest workout facility in the Siouxland area offering selectorized equipment and free weights. With over 15 years in the fitness industry we have solid experience, training, and applied knowledge in preparing athletes for each individual sport. **RK Solid X-Cel** works in conjunction with Four Seasons Health Club *and need not be a member to participate.\**

## X-CEL Level 1

This program is a beginner program, designed for ages 8-12 years of age or people with limited training experience. This length of this program is four weeks with training being conducted two days a week. This program focuses on teaching basic fundamentals and techniques of stretching, jumping, running, and resistance training with different plyometric exercises appropriate for their age and training level.

### Individual Rates

Member	\$170.00
Non-member	\$200.00

### Team Rates\* (4 or more)

Member	\$80.00
Non-member	\$90.00

## X-CEL Level 2

This program is a designed for athletes 13 and older and adults with intermediate training skills. The length of this program is six weeks, with training being conducted three days a week. This program focuses on more detailed techniques of running, resistance training with weights, and different plyometric exercises. Basic fundamentals of stretching and jumping according to age and ability of the athlete is also taught.

### Individual Rates

Member	\$270.00
Non-member	\$300.00

### Team Rates\* (4 or more)

Member	\$90.00
Non-member	\$100.00

## X-CEL Level 3

This is an advanced workout program designed to be completed in eight weeks with the training being conducted three to four days a week. This program is only recommended prior to your competitive season beginning

### Individual Rates

Member	\$300.00
Non-member	\$330.00

### Team Rates\* (4 or more)

Member	\$110.00
Non-member	\$120.00

*\*Athletes must workout at the same time in order to receive team rate.*



**Central**  
1600 7th Street  
Sioux City, IA 51101  
712.255.7659

**North**  
120 Gateway Dr Suite 5  
N Sioux City, SD 57049  
605.232.6906

**Pierce St**  
2600 Pierce St  
Sioux City, IA 51104  
712.224.3434

**Morningside**  
4240 Hickory Lane  
Sioux City, IA 51106  
712.224.3451

Visit us on the web at  
[www.fourseasonshealthclub.com](http://www.fourseasonshealthclub.com)



## Personal Training

### Club Hours:

Monday - Thursday 5:00 a.m. - 10 p.m.

Friday 5:00 a.m. - 8 p.m.

Saturday 8:00 a.m. - 6 p.m.

Sunday 8:00 a.m. - 8 p.m.

### Aquatic Hours:

Monday - Thursday 6:00 a.m. - 9 p.m.

Friday 6:00 a.m. - 7 p.m.

Saturday 8:30 a.m. - 5 p.m.

Sunday 8:30 a.m. - 7 p.m.

*Proudly Serving Siouxland Since 1986*

## PERSONAL TRAINING

Personal training with nationally certified trainers one-on-one is available. Workouts include evaluations, body fat testing and a program consisting of resistance and endurance training designed to suit your needs. Packages as well as hourly sessions are available. Any upgrades or restructuring of programs can be completed on an hourly basis. Choose from the largest team of trainers in Siouxland.

### Rod Ketchens,

I.F.B.B Professional Bodybuilder

\$46.00 per 1-7 one-hour session

\$43.00 per 8-15 one-hour sessions *bronze*†

\$40.00 per 16-29 one-hour sessions *silver*†

\$37.00 per 30 or more one-hour sessions *gold*†

### Tiffany Greinke\*

I.F.P.A. Certified, Sports Nutrition Specialist

Women's Fitness Specialist

Advanced Flexibility Specialist

Strength Band Specialist

Youth Fitness Specialist

### Patty Mohning\*

N.E.T.A. Certified

### Brady Summers\*

ACE Certified

Masters of Science in Kinesiology

Bachelors of Science in Exercise Science

CrossFit Level 1 Trainer

CrossFit Personal Training

CrossFit Kids Certified

CrossFit Mobility Certified

Eleiko Barbell Certified

\* All other certified personal trainer's hourly sessions and packages are priced as follows:

\$35.00 per 1-7 one-hour session

\$32.25 per 8-15 one-hour sessions *bronze*†

\$29.50 per 16-29 one-hour sessions *silver*†

\$26.75 per 30 or more one-hour sessions *gold*†

† *Bronze* packages must be used within 8 weeks following purchase, *silver* packages within 12 weeks and *gold* packages within 6 months. Failure to use packages within the time allotted results in forfeiture of both payment and remaining sessions.

## PERSONAL PILATES SESSIONS

STOTT PILATES exercise is a contemporary, scientifically-based approach to the original exercise method pioneered by the late Joseph Pilates. Renowned for its effectiveness, our mind-body system of mat and equipment-based exercises will leave you looking and feeling fantastic. Choose from the only STOTT PILATES certified instructors in Siouxland.

### Kerri Maxon†

STOTT Certified

### Nancy Shulenberger†

STOTT Certified

## PERSONAL YOGA SESSIONS

Yoga goes well beyond athletics. Not only can yoga be a great cross training tool for sports, it helps restore function and alleviate discomfort caused by chronic aches and pain. Personalized sessions address your individual goals and needs.

### Kerri Maxon†

N.E.T.A. Yoga Certified

\* Personalized Pilates & yoga sessions are priced as follows:

\$35.00 per 1-7 one-hour session

\$32.25 per 8-15 one-hour sessions *bronze*†

\$29.50 per 16-29 one-hour sessions *silver*†

\$26.75 per 30 or more one-hour sessions *gold*†

† *Bronze* packages must be used within 8 weeks following purchase, *silver* packages within 12 weeks and *gold* packages within 6 months. Failure to use packages within the time allotted results in forfeiture of both payment and remaining sessions.

## PERSONAL CROSSFIT SESSIONS

### Brady Summers\*

ACE Certified

Masters of Science in Kinesiology

Bachelors of Science in Exercise Science

CrossFit Level 1 Trainer

CrossFit Personal Training

CrossFit Kids Certified

CrossFit Mobility Certified

Eleiko Barbell Certified

\* Personalized CrossFit sessions are priced as follows:

\$35.00 per 1-7 one-hour session

\$32.25 per 8-15 one-hour sessions

\$29.50 per 16-29 one-hour sessions

\$26.75 per 30 or more one-hour sessions



Here at CrossFit FS you will not find rows of treadmills and weight machines. Instead you will find pull-up bars, kettlebells, barbells, and wide open space for squatting, running, jumping, climbing lifting and throwing – moving your body the way it was designed to be moved. All your workouts will be comprised of exercises that mimic movements performed in day-to-day life or sport. We focus on improving functional movements that are necessary and common in your daily activities.

It also means you will never get bored with your training. With our constantly varied programming you will rarely do the same workout twice in any given year. You will never have to program your own workouts or spend hours in the gym. Instead, each day a entire training session including warm-up, mobility, strength work, conditioning, and cool downs will be provided for you that is scalable to suit your fitness level. Because our group classes are no more than 60 minutes long, it can fit into even the busiest schedules.

### Brady Summers

CrossFit Level 1 Trainer

### Abby McCoid

CrossFit Level 1 Trainer

### Fundamental & Level 1

Unlimited classes: \$49/month+ Central Membership

Drop-in classes for members: \$10 per class

Drop-in classes for non-members: \$20 per class

*See CrossFit brochure for more pricing*

\*Participants MUST be a member of our CENTRAL location to receive member pricing for CrossFit FS.

\*Participants MUST also complete CrossFit FS Fundamental classes in order to move on to Level 1 classes.