



# New for the Spring Season!

**Director of Fitness and Nutrition, Jason Powell.**

*Jason is ACSM certified and has 10+ years experience in private and team training.*

## Turn Back the Clock

**Fitness program for adults 40+.**

- M/W/F: 6-7PM
- SUN: 10-11AM
- \$40 monthly membership
  - Unlimited workouts
- \$60 monthly membership
  - Unlimited workouts
  - Nutritional counseling
  - At-home workouts

**Call Frozen Ropes to register!**

## More B4 Options

**Fitness program for athletes.**

- M/W/F: 7-8PM
- T/TH: 5-6PM
- SUN: 11-12PM
- \$40 monthly membership
  - Nutritional counseling
  - At-home workouts

**Call Frozen Ropes to register!**

## Create a Class

**Fitness program on your schedule.**

- Available Monday-Friday
- \$60 per hour
- Max of 4 people
- Free consultation in first class

Private Training and  
Speed & Power Team  
Training also available!

**Email [jason.powell@frozenropes.com](mailto:jason.powell@frozenropes.com)  
or call Frozen Ropes for questions and  
scheduling!**

**Join us on April 19th from 10am-2pm  
for our Fitness Open House!**

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