

# Stay FIT, Motivated & Bee. . . Effective by knowing CPR!



Monica Howell, CPT ; AFPA Certified  
West Point, Va 23181  
804.370.5091 / email: [Monica@youcanBeeFIT.com](mailto:Monica@youcanBeeFIT.com)  
[www.youcanBeeFIT.com](http://www.youcanBeeFIT.com)

Right here in King William County. A King William County Parks & Recreation Program☺

**Classes-** Skip the waiting in line for a treadmill and hop into a BeeFIT class. Getting your cardio on in a Group-X Fitness class that uses a variety of equipment like Equalizers, Battling Ropes, Gliders, BOSU, Bands and TBS Is more exciting than running on a treadmill.

Motivating group classes are a great way to stay accountable and to keep your cardio sessions from becoming stale. BeeFIT Certified-Personal Trainers always seem to come up with new ways to sweat every day by providing you with FUN- diverse CrossFIT Workouts that are NEVER REPEATED!!

**Personal Trainer-** Having a Certified Personal Trainer for EVERY workout is as good as buying personal training 1-on-1 sessions. PT sessions run approximately \$60 an hour, BeeFIT GroupX Classes, anywhere from \$6-\$8 an hour. ~ With New Year resolution time approaching, come January you'll wait for the machines and equipment to become available at the gym. Then over time, your routine will become repetitive because you'll end up doing the same workout on every visit. Then . . . no results! You will never work as hard independently as you do in BeeFIT Group-X classes.

Get in a great strength training workout (Burn & Firm-Mondays), where barbell sets are used in conjunction with cardio segments to boot. Our CrossFIT HIIT (Wednesdays) using kettlebells, barbells, medicine-mega balls and other fitness equipment will allow you to peak your MHR every time. Our New TBS Saturdays will challenge your Cardio & Core with every move. You get every supervised workout done in 1hr, since you don't have to wait on equipment or even think. Be assured with BeeFIT, YOU are doing the workout that is safe & suited best for YOU!

**Reschedule-** With having 24-hour access to a gym, literally you have your own key card. You think WOW, I'll get to go exercise anytime I want to. It really doesn't happen like that. You can cook at home anytime, clean anytime, exercise at home before or after work any day you like but . . . do you? MOTIVATION is the key and sometimes that means having your personal "drill sergeant" to get you through it ☺  
~ Why pay a hefty gym membership to say that "I'll go tomorrow, or the next day, or on Monday?" If you're going to pay to workout, invest in programs and trainers who practice "proper-effective training and motivation. Stick with something you know works!! Call for your FREE class trial NOW!

**But until then, know our CPR can get help you beat the 2015 Winter blues.**

Available Classes in your area. January registration is under way.  
Please call Monica at BeeFIT Services for more information. (Men & Women )

~Monday Burn & Firm	9am / 5pm / 6pm
~Monday Burn & Firm for TEENS	4:15-5pm (Ages 12 - 19)
~Tues & Thurs BFit-N-30 (AES)	3:45-4:15 > <b>PERFECT for first time exercisers</b>
~Wednesday CrossFIT HIIT	9am / 5pm / 6pm
~Saturday TBS	9am & 10am

BeeFIT and Bee Well!! Merry Christmas & Happy New Year ; )