



# PINNACLE

## PERSONAL TRAINING & FITNESS

Get a Jump  
Start on your  
New year's  
Resolutions!

Pinnacle offers personal training and wellness assessments as well as classes in pilates, yoga, ballet, and much more.

### Personal Training

Certified Trainer Bob Gohde received his Bachelor of Kinesiology from University of Illinois at Chicago and has been training athletes and individuals for more than nine years. Whether you are looking to stay in shape or start a new fitness lifestyle, Bob and our trainers will provide a specialized fitness program to fit your needs. We will also help you with nutritional suggestions to put you on a path of eating healthy. Call today to set up a **FREE Wellness Assessment!**



*Pinnacle has all of the latest equipment to maximize your workout...*

- Exercise Bikes
- Summit Trainers
- Free Weights
- Smith Machine
- Slide Boards
- Dual Crossover Cable machine
- Stability Balls,
- Agility Ladders
- Iso-lateral Leg Machines
- Hammer Strength Jammer
- Exercise Bands
- Much more!

### Personal Training Package

**Buy 5 Sessions,  
get 1 FREE**

*Spring Pricing of \$30 per session – over \$50 in savings!!*

Sign up at the Leafs Ice Centre Front Desk.

You must present coupon at time of purchase. Expires 2/28/10.

847.844.1217 • [www.pinnaclesportsdevelopment.com](http://www.pinnaclesportsdevelopment.com)  
801 Wesemann Dr. • West Dundee, IL 60118



### Memberships

Come work out on your own. Pinnacle is **open M-F 8:00am to 10:00pm, Sat-Sun 7:00am to 5:00 pm** to make it convenient for you to get your class or workout in, so come before or after work, at lunch or anytime that's convenient for you!

### Classes

The Pinnacle Ballet Room offers Pilates, Yoga and Ballet lessons for all ages. Improve your flexibility while increasing your core muscles. Visit our web site to view class schedules.

**Buy 2 Months &  
get the 3<sup>rd</sup> FREE!**

**No Long-Term Commitment, No Joining Fee**

*Pinnacle Monthly Membership – \$18*

**NOW get 3 months for only \$36!**

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