

SILVER STARS POLICIES & INFORMATION

- No-commitment monthly memberships, six month and annual memberships available for personal training and small group classes.
- Personal training and small group training classes are typically 45 minutes, although if requested 30 minute and 60 minute sessions are available.
- In-home services are available for those that like the convenience of training at home.
- Refer a friend to our popular classes and you receive \$50 cash or credit per their sign-up and \$100 cash or credit if you refer a friend to our personal training program. Your referral will receive 20% off their initial purchase.
- All instructors are certified, experienced fitness professionals that are specifically trained to design fitness programs for the baby boomer & beyond population. All instructors are also required to attend the Silver Stars training program prior to working with any of our clients.



THE SILVER STARS DIFFERENCE!

Silver Stars Fitness is a unique fitness company that caters and specializes in working with men and women over the age of 50. Our main goal is to accomplish your goal! We do this not only by giving you a great class or personal training session, but by ensuring you get the motivation, guidance and accountability you need to achieve your personal goal when you're not in class.

You will have access to your coach all throughout the week via email, text or phone to answer any fitness-related questions. In addition you will get your own in-home program, daily fit tips via email, tracking your progress through the computer and on paper, parties and lectures by various health and medical professionals.

We believe results come from making our clients feel like they're part of a community and for you to feel like you have a coach with you to help motivate and inspire you to eat well and to exercise when not at our club.

When you sign up to become a Silver Stars member, you don't just sign up for a good class or sessions, you sign up for a program and get a staff that will help to ensure you accomplish your goals!

Show up for your session or class and let us do the rest of the work!



Silver Stars Fitness

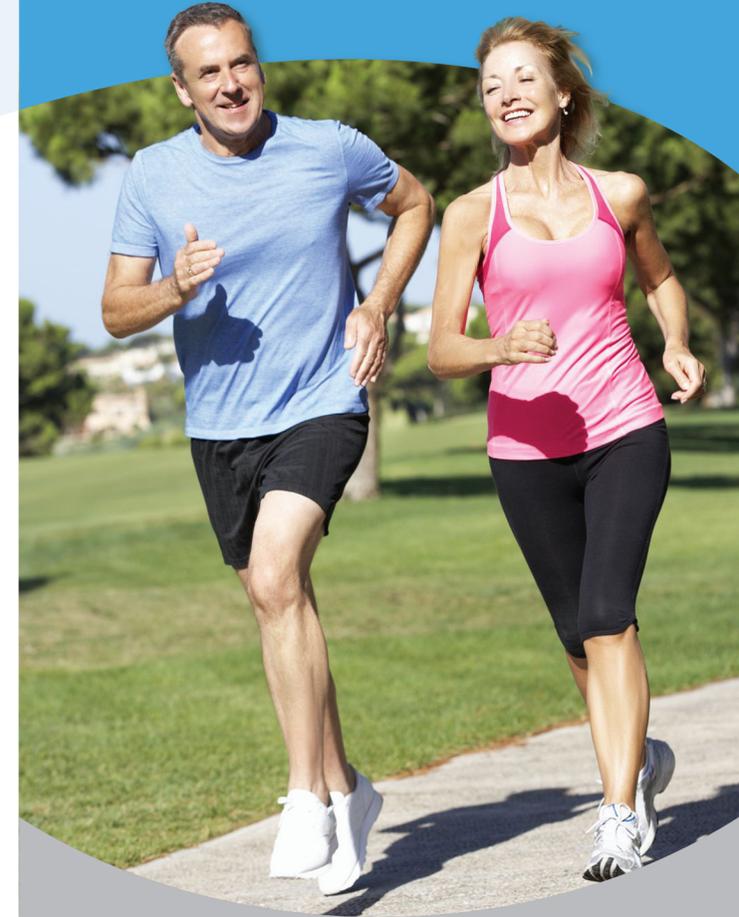
Fitness Specialists for the Baby Boomer & Beyond

850 7th Ave. Suite 305 (between West 54/55th Streets)
New York, NY 10019 | (646) 370 -3843 / (646) 573-9724
www.silverstarsfit.com | email: info@silverstarsfit.com



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OVER 50 AND TIRED OF WANDERING AROUND THE LARGE COMMERCIAL CLUBS, NOT GETTING THE ATTENTION OR RESULTS YOU WANT?

Silver Stars Fitness caters and specializes in working with men and women over the age of 50 or what we like to say the “baby boomer and beyond” fitness enthusiast

We recognize that most of the large “big box” commercial clubs and fitness studios cater to men and women in their twenties and thirties and typically sell you a membership to use their club and equipment without offering you a plan to accomplish your goal. And then you lose your desire to exercise because you’re not getting the personalized attention you deserve. The end result is not only a loss of money, but more importantly your health suffers. SILVER STARS FITNESS WAS DESIGNED TO CHANGE THIS CYCLE BY OFFERING YOU PERSONALIZED ATTENTION. WE WILL GIVE YOU THAT ATTENTION YOU DESERVE AND SHOW YOU HOW TO IMPROVE YOUR POSTURE, BALANCE, MOBILITY, CORE AND OVERALL STRENGTH, AGILITY, CARDIO ENDURANCE AND POWER. By focusing on these key elements of fitness, you will increase your fitness level or functional capacity, which will help you enjoy travel, playing with your grand kids, performing better at work or playing your favorite sport and of course preventing injury or aches and pains.

At Silver Stars Fitness, you don’t just buy a membership or sessions of personal training or sign up for classes and hope for the best.

YOU become part of our community as you get our concierge service to help accomplish your goals and get results!



WHAT WE OFFER

- Personal Training
- Small Group Training (3-7 people)
- Yoga
- Massage Therapy
- Stretching
- In-home Services - Trainer will come to you!
- Experienced and certified coaches/trainers that are specifically trained to work with the baby boomer and beyond population

HOW WE HELP YOU GET RESULTS?

- Accountability - access to your coach/trainer throughout the week to ask questions about your fitness program
- Motivation emails, texts and phone calls by your trainer/coach to help keep you on track to achieving your goal
- Nutritional support, daily fit tips via email, sense of community-daily parties and lectures.
- Tracking your progress so you can see how you've improved since beginning our program

SILVER STARS MOST POPULAR CLASSES

BABY BOOMER BOOT CAMP

*HIGH-ENERGY
TOTAL BODY
CIRCUIT TRAINING*

balance & fall
PREVENTION

TENNIS & GOLF
CONDITIONING

Yoga