



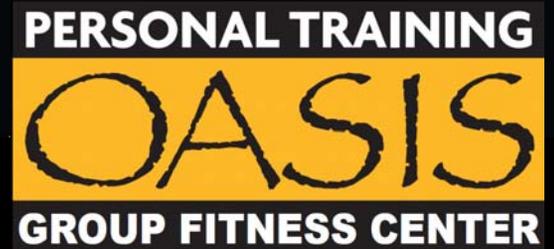
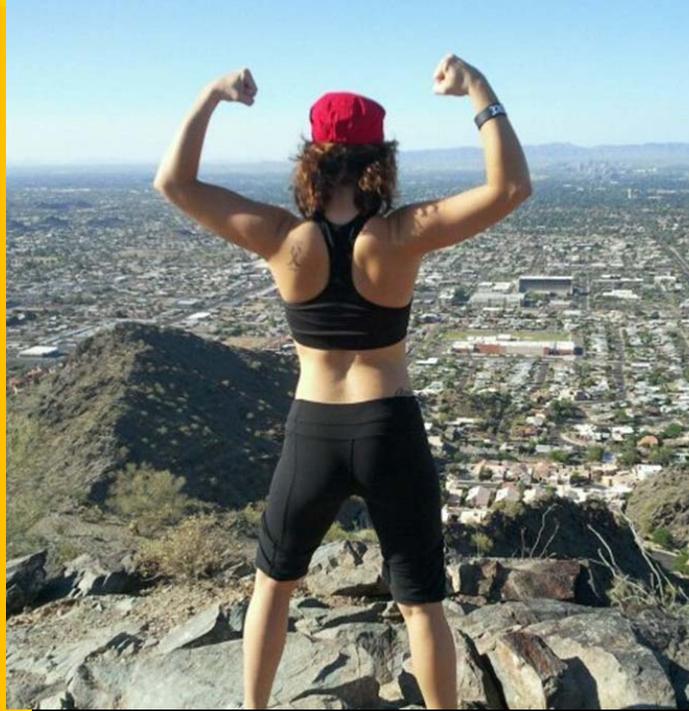
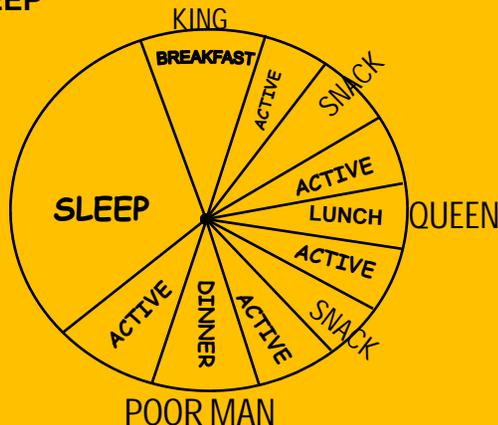
HOW you eat is just as important as **WHAT** you eat. At Oasis we will train you **HOW** to eat as well as how to workout. The most important meal of the day is a **BREAKFAST** fit for a king because you have all day to use these calories. The word **BREAKFAST** means to **BREAK** the **FAST** – If you have been feeding you body food every 2 to 3 hours throughout the day, the 6 to 10 hours you do not eat during sleep is considered a fast in the eyes of your metabolism.

Our society has **3 designated times** per day to consume food, unfortunately they are to far apart for active people. You need a snack that will bridge the gap between **BREAKFAST** and **LUNCH**. The **SNACK** is necessary to keep the fire of the metabolism burning.

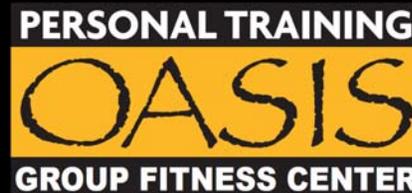
The **LUNCH** of a **QUEEN** is the second largest meal of the day because you still have half of the day to burn these calories.

The next **SNACK** is skipped very often although it is the most important snack of the day. Your late afternoon snack is designed to **SPOIL** your **DINNER** and keep your metabolism burning.

The spoiler snack is a set up for a **POOR MAN'S DINNER** or **SMART DINNER**. This meal should be eaten by 6:30 P.M. and should be the smallest meal of the day because it is the last meal before you **SLEEP**



Proud to serve the valley since 1999



We are one of the wellness providers at the Palo Verde Shopping Center at 12th. Street and Northern

Ultimate Gymnastics

Clipology Hair Salon

12th. Street Barbers

Rosy's Pharmacy

Fresh and Easy

Tuesday Morning

THE ALTERNATIVE TO THE BIG GYMS

7816 N. 12th. Street

Phoenix AZ 85020

(602) 288-8925

WWW.OASISPTC.COM

Oasis is what you have been waiting for. We are the alternative to a big gym. Our unlimited comprehensive

Personal Training
Buddy Training
Group Fitness

sessions are based on our 90 day Movement Training Programs. We also take all of the guess work out of **how, what** and **when** to eat. When proper nutrition is combined with a comprehensive exercise program,

RESULTS are **GUARANTEED.**

Our North Central Phoenix location makes it convenient from all parts of the valley

7816 north 12th. Street, Phoenix Arizona 85020

Phone: (602) 288-8925

Email: 4info@oasisptc.com

WWW.OASISPTC.COM

MOVEMENT TRAINING PROGRAM

Our **90 day UNLIMITED Training Programs** are designed to improve strength, core and conditioning levels. A prescribed combination of resistance and movement exercises will help you reach all of your fitness goals. Whether it is **weight loss, toning and firming** or **getting in better shape**, we can design a Movement Program for you.

STRENGTH

No matter what your goal may be a solid fitness foundation starts with strength. Strength training will add the muscle that you lose to the aging process each year. Firming and toning, a high metabolism and improving your bone density are benefits of a **strength** training programs.

CORE

Training your **core** will strengthen your body from the inside-out. A strong core can improve balance, stability, and posture. Everyday task and activities become easier when you have a tight mid-section and strong back .

CONDITIONING

Our comprehensive **conditioning** system improves your recovery time and fitness level. More energy, less fatigue, better workouts, and a healthier heart are all part of being in shape. Weight loss is a by-product of a consistent exercise program and good eating habits.



PERSONAL TRAINING

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Our Comprehensive personal training programs give our clients the motivation, reinforcement, and accountability necessary to reach their fitness goals. **Unlimited** personal training programs make it possible for you to train with a trainer up to 5 days per week Our personal trainers will give your exercise program the order it may be lacking by unraveling the mysteries of when to do cardio and what to eat. We will customize your workout program according to your



fitness level and fitness goals or medical condition.

90 DAY UNLIMITED \$360.00 per month
6 month program \$320.00 per month

BUDDY TRAINING

The Buddy training Program gives you a chance to share a trainer and save money. The will to stay motivated, work hard, and be consistent is a lot easier to maintain when it is shared. When you find a friend or family member with a fitness level and goals similar to yours, buddy training can be successful. Share the trainer, the experience, and the investment.

90 DAY UNLIMITED \$300.00 per person • per month
6 month program \$250.00 per person • per month



REAL FRUIT SMOOTHIES

Great flavors and combinations

FRESH ROASTED COFFEE

Espresso • Lattes • Cappuccinos

PROTIEN AND ENERGY DRINKS

Supplements and meal replacements

BARs BAGLES AND MUFFINS

Healthy snack and goodies



GROUP FITNESS

GROUP FITNESS

Group training sessions are becoming the fastest growing form of exercise. The ability to share a trainer as well as the “experience” with others has become very popular. At Oasis our group training faculty has spin bikes, medicine balls, weights, bands, punching bags and much more. Locating our wide variety of equipment in one place allows us to create diverse workouts for every muscle group. Our monthly programs give you the flexibility to choose from several training sessions that are offered six days per week. They include



resistance training, spinning, kickboxing, core training, polymeric exercises, abdominal workouts and stretching programs. The 60-minute workouts make it possible to work different muscle groups. For best results participation three times per week is recommended. \$200.00 per month

KICK FIT KARATE

Kick fit Karate is for kids and adults 5 years of age and up

- ◆ Enter karate competitions
- ◆ Improves coordination
- ◆ Increase self-esteem
- ◆ Earn belts
- ◆ Get in shape
- ◆ Have fun



JOIN ANYTIME

Monday and Wednesday

6:00 pm