

Jennifer Bernstone's Fitness Classes!
www.JenniferBernstone.com 646-526-8312
St. John's Gymnasium, 502 West Chestnut Street, Rome, NY

**Combo Class =
Zumba + Weights + Pliates**

Tuesdays & Thursdays at 5:45pm
\$80 for session; \$8 for drop-in

Latin inspired, fun, dance music with moves that are easy to learn! Dance off anywhere from 300-500 calories per class! 15 minutes of weight training will be included. Please bring a set of weights.

Pilates

Mondays & Wednesdays at 7-7:30pm
\$40 for session; \$6 for drop-in

The focus of this discipline is to strengthen and stretch by solely using the body. Amazing results for those with a bad back, flabby tummy or poor posture. Please bring a mat and if you have a pilates ring, bring that too.

Indoor Walking

– not your typical walking class!

Mondays & Wednesdays at 6pm
\$80 for session; \$8 for drop-in

Geared for anyone wanting to drop 20 or more lbs. If exercise is NOT your forte, then this is definitely for you! Very fun & very social! As long as you can 'walk' in place, you can do this class. If you have any concerns, please contact Jennifer.

Saturday Morning

Saturdays at 9am
\$40 for session; \$6 for drop-in

A little bit of this and a little bit of that – Zumba, Kick Boxing, Pliates, Weights, etc. The class will be tailored to those taking it. A fun way to jump start your Saturday!

SESSION SCHEDULE:

Fall 1: August 29 – Oct 20, 2016

Fall 2: Oct 24 – Dec 15, 2016

New Year: Dec 19 – Feb 9, 2017

Winter 1: Feb 13 – Apr 6, 2017

Spring 1: April 10 – June 1, 2017

Summer 1: June 5 – July 27, 2017

Summer 2: July 31 – Sept 21, 2017

Fall 1: Sept 25 – Nov 16, 2017

- + All classes are 55 minutes.
- + Need a minimum of 6 pre-registered participants for a class to run.
- + Pre-registration is due 2 weeks before the class is scheduled to begin.
- + Cash preferred.

Personal Training Sessions

What day and time work for you?
Call me and let's see if that time is available!

Each session is 1 hour.

One-on-One \$40/session

10 sessions = \$350

15 sessions = \$450

Train with a Friend! \$60/session

10 sessions = \$550

15 sessions = \$750

Life-Relationship Coaching

Please contact Jennifer for more info.

**As Jennifer is the CEO and coffee maker of this enterprise ☺, please feel free to chat with her about your personal situation. Also, if you sign up for a class and have to miss one or two, you can 'make up' your class by jumping into another class.*

Jennifer Bernstone's Home Studio Lessons & Workshops!

www.JenniferBernstone.com 646-526-8312

(5 minutes from Stokes Elementary)

Private Lessons: Piano, Voice & Acting

What day and time work for you? Call me and let's see if that time is available! Ages: 3 - adult

Private Instruction (1 hour)

1st lesson = \$30

One lesson at a time = \$40

5 Lessons = \$175 (6 week expiration)

10 Lessons = \$300 (12 week expiration)

Private Instruction (30 minutes)

1st lesson = \$18

One lesson at a time = \$25

5 Lessons = \$110 (6 week expiration)

10 Lessons = \$200 (12 week expiration)

Second Saturdays – workshops for acting & singing

2nd Saturday of each month from 5-7pm, \$20

- Need a minimum of 5 pre-registered participants to run the workshop; max of 12.

- Pre-Registration is due 2 weeks before the class is scheduled to begin.

Acting Workshop:

The first 30 minutes will be spent on a warm-up and group exercises. Then small group exercises/games will follow (typically 2 or 3 actors in a 'scene'). Each participant will get one-on-one time to develop their own personal acting skills with the final goal to be a 'polished' monologue. This workshop is open to Jr High - adult and is also suitable for someone wanting to develop their public speaking skills.

2016: Aug, Oct, Dec

2017: Feb, Apr, June, Aug, Oct, Dec

Singing Workshop:

The first 20 minutes will be spent on a group vocal and physical warm-up, followed by 10-15 minutes of stage presence exercises. Each participant will get one-on-one time to develop their song of choice with the final goal of having a solid repertoire book for any future endeavors. This workshop is open to all ages and is suitable for all skill levels.

2016: July, Sept, Nov

2017: Jan, Mar, May, July, Sept, Nov

REGISTRATION FORM FOR ALL CLASSES

PARTICIPANT'S NAME:

PARENT'S NAME:

PHONE:

EMAIL:

ADDRESS:

CLASS NAME & DATES:

CHECK OR CASH (preferred) AMOUNT:

Please send this form along with payment to:
Jennifer Bernstone, 6556 Bankert Rd., Ava, NY 13303

As the classes are movement oriented, please sign the following personal responsibility statement.

I take personal responsibility for my actions and participate in any of Jennifer Bernstone's classes at my own risk. Jennifer Bernstone, her assistant(s) or the hosting location are in no way liable or responsible for any injury I may sustain. In the event of injury, I will take no legal action against any of the aforementioned parties.

Print

Sign & Date