



Starter Training Package 3/\$99!

* Starter Package is 60 min sessions; First Time Clients Only

ONE-HOUR SESSIONS:

2 People

1 Session	\$60	\$100
5 Sessions	\$275	\$475
10 Sessions	\$500	\$925

HALF HOUR SESSIONS:

2 People

Half Hour Session	\$35	\$45
5- Half Hour Sessions	\$150	\$215
10- Half Hour Sessions	\$275	\$400

Owners/Coaches: Todd Harrison & Celeste Lento

Tel: 845 654-1962/ 914 482-2064

Email: Fitnessacademy101@gmail.com

We are located at the 3rd floor Brewster Ice Arena

Todd Harrison CFT/CSSC

Certified Fitness Trainer & Certified Specialist Strength & Conditioning

"I'm very excited to have the opportunity to bring my methods and ideologies to the forefront of the fitness industry and to change so many people's lives in a positive manner through motivation, inspiration, drive & dedication"



Todd Harrison CFT/CSSC

Todd Harrison's (Coach) Specializations include: Strength & Conditioning (at all levels of fitness,) Weight Loss, Athletic Training (sport specific) Bodybuilding, functional and mobility training, lifestyle transformation, Injury/movement rehab (post PT,) HIRT (high intensity resistance training) & HIIT (high intensity interval training)

While today Todd is a portrait of health, there was a time when he was at the opposite end of the spectrum. Wherever you are fitness-wise, Todd can relate. **He himself lost 100lbs** on his journey from being de-conditioned to supremely fit and becoming a fitness professional.

Nearly 15yrs ago, Todd was immersed in Corporate America-and like so many people-spent his days at a desk, under so much pressure to

produce, fitness was the furthest thing from his mind.

His awakening came in 2006, when he embarked on his fitness journey which culminated in losing 100lbs and becoming a Fitness Professional. Having always been athletic w a natural love for sports, Todd quickly became hooked on fitness and a healthy lifestyle Driven to gain all the knowledge he could, he realized the transformation wasn't complete until he was involved in helping others make the same changes through fitness everyday.

Todd became a CFT & CSSC, thriving on the notion he could help his clients to levels of fitness they never dreamed of. Todd has owned a small boutique training studio, has done team athletic training, in-home training and held the position of Fitness Director for multiple high end clubs. Fulfilling his ultimate career aspirations Todd Co-Founded Fitness Academy with his wife,



NOW UNDER NEW MANAGEMENT AND IN A PARTNERSHIP WITH THE FITNESS ACADEMY

WWW.BREWSTERICEARENA.COM (845) 279-2600

MEMBERSHIP DETAILS:

	ADULTS (AGES 21 – 61)	STUDENTS (UNDER 21) SENIORS (62 AND OVER)
ONE YEAR MEMBERSHIP		
PAY UPFRONT (CASH/CK/CC)	\$325 Plus \$200 per additional family member	\$300
EFT (VISA OR MC)	\$29/MONTHLY Plus \$19/monthly per additional family member	\$27/MONTHLY
SIX MONTH MEMBERSHIP		
PAY UPFRONT (CASH/CK/CC)	\$185 Plus \$125 per additional family member	\$165
EFT (VISA OR MC)	\$34/MONTHLY Plus \$25/monthly per additional family member	\$32/MONTHLY
STANDARD RATES		
MONTH	\$39/MONTHLY	\$35/MONTHLY
DAILY	\$8/DAILY	\$6/DAILY

All Family Plans are predicated upon an initial Adult Membership and are restricted to shared residencies.

All Student and Senior rates are individual memberships and must be verified by valid ID card.

All Members must bring their Gym Access Card in order to gain entry to the Gym.

SPECIAL OFFERS:

HOCKEY PARENT RATE <i>SEPTEMBER 1st – FEBRUARY 28th</i>	Available to parents of Brewster/Westchester Travel Hockey Players that have paid their tuition in full	\$175 upfront
STUDENT SUMMER RATE <i>JUNE 1st – AUGUST 31st</i>	Available to Students during Summer Months with Valid Student ID	\$85 upfront
COMPANY RATE <i>12 Month Membership</i>	Available to groups that register ten or more members in a single transaction	\$275/per member

HOURS OF OPERATION:

	OPERATION	OFFICE HOURS
WEEKDAYS	5:00AM – MIDNIGHT	6:00AM – 9:00PM
WEEKENDS	6:00AM – 10:00PM	9:00AM – 3:00PM
HOLIDAYS	<i>Holiday Hours are TBA and will be listed at the Gym and on the Phone</i>	

Gym Access during hours of Operation is limited to External entrance next to the Players Club Elevator Entry is limited to 6:00am-10:00am on Weekdays or by request the Ice Arena Main Office

NOTICE:

THE GYM is not always directly attended during hours of operation, but is under constant surveillance. All usage of **THE GYM** is at your own risk and discretion. Unauthorized use of **THE GYM** by non-members, or any abuse or misuse of the facility may result in criminal charges and legal action. Improper usage can also result in termination of membership.

IN THE EVENT OF EMERGENCY CALL RINK MANAGEMENT: (845) 279-2229 EXT.10 OR 911



JOIN US TODAY & Get a FREE Day Pass!

Sign up for membership and receive a FREE fitness assessment with a certified Trainer!

NO CONTRACTS

NO DEPOSIT

NO REGISTRATION or ANNUAL FEES

WE OFFER:

- Quality Fitness Center with a wide variety of Free Weights, Machines & Cardio Equipment
- One on One Personal Training @ affordable rates
- Small Group Training & Group Classes such as Yoga, Cycling, Kickboxing, HIIT, HIRT and more!!
- Nutritional & Weight Loss counseling
- Motivation, Empowerment & Fitness Education

Brewster Ice Arena - 3rd Floor

845-654-1962/914-482-2064

fitnessacademy101@gmail.com



HOCKEY PARENTS SPECIAL FREE TRAINING SESSION!!



HOCKEY PARENTS ONLY SPECIAL
FREE TRAINING SESSION JUST FOR STOPPING UP TO
SEE US ON THE 3RD FLOOR OF THE ARENA!! ALSO 2
FREE SESSIONS WITH ANY TRAINING PACKAGE
PURCHASED!! AS HOCKEY PARENTS YOU DO SO MUCH
FOR THE KIDS, DO SOMETHING FOR YOURSELF AND
WATCH THEM PLAY FROM THE GYM WHILE WE HAVE
FUN CREATING A HEALTHIER, HAPPIER YOU!!

EMAIL US AT FITNESSACADEMY101@GMAIL.COM

For Your Convenience Fitness Academy accepts:





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FITNESS ACADEMY



Dear Gym Members,

We are excited to announce some progressive changes to The Gym at the Brewster Ice Arena, in conjunction with the Fitness Academy management team!

Beginning on May 1st 2019, we will extend our hours to better accommodate your schedules:

- The Gym will be open to members from **5:00am-Midnight on weekdays**, and **6:00am-10:00pm on weekends**.
- Gym staff will be available during set attended hours to address concerns and formalize memberships.
- During automated hours the rink's main office will be accountable for Gym Upkeep: 845-279-2229 ext.10
- **WEEKDAY ATTENDED HOURS: 6:30am-12noon and 3:00pm-8:00pm (HOLIDAYS TBA)**
- **WEEKEND ATTENDED HOURS: 9:00am - 4:00pm (HOLIDAYS TBA)**

*The Gym is under **FITNESS ACADEMY MANAGEMENT**; Our policies are:*

All Business will occur during **ATTENDED HOURS**; (Membership subscriptions, renewals, and transactions.)
You may also handle business during these hours via phone call: **845-279-2600**

During **AUTOMATED HOURS** the Gym might be unattended: the premises are monitored periodically by Ice Arena Staff; The Ice Arena's main office (located on the first floor) will assist upon request. At all times, there will be a telephone at the Main Desk available for your usage with specific instructions in case of emergency or if you need any assistance; Please orient yourself with the procedures posted there!

Members must carry their (non-transferrable) Membership Cards at all times upon visiting the Gym. During **AUTOMATED HOURS**, access will be restricted to stairwell entrance adjacent to the Players Restaurant/Sports Bar patio, with via your membership keycard.

Elevator access will only be available upon request at the BIA main office.

No guests or non-members will be permitted to use the gym during **AUTOMATED HOURS**.

The entire facility is monitored 24/7 by a video surveillance system. During **AUTOMATED HOURS** the door will unlock for three seconds after scanning your card, activating the camera and permitting access to one member at a time. If the door is held open longer, it will alert BIA management.

Please do not hold the door for other members, as everyone MUST scan in individually.

Any abuse, misuse, or unauthorized access will result in termination of rights to use the facility and may result in criminal charges and/or legal action.

The Gym's membership packages have changed: Rates have not increased- your options have! We're excited to offer an improved product at the same reasonable price. Check with Gym Staff to see an updated breakdown!

Please let the staff know of any feedback or email thegym@brewstericearena.com

BIA Management in partnership with the Fitness Academy Thanks You for your Patronage

In the event you need immediate assistance, please contact the following:

GYM Managers Todd 845-654-1962 or Celeste 914-482-2064 – fitnessacademy101@gmail.com

Brewster Ice Arena Main Office 845-279-2229 ext.10