

# Inch by Inch

**Healthy Lifestyle, Weight Loss  
and Exercise Program**

## Who Should Enroll?

Adults who want to significantly improve body composition, scale weight and overall fitness are encouraged to attend. This program is designed for anyone that is tired of being out of shape and overweight.

**Tone up after a bariatric or lap band surgery!** *(Physician's approval is highly recommended and may be required).*

## Instruction

Inch by Inch is directed by **Char Schulz**, certified group fitness instructor. Nutrition analysis and education are directed by **Vanessa Cobarrubia**, registered dietician. Other classes are led by our qualified team of professionally trained and certified instructors.

## General Information

**Juniper Swim & Fitness Center**, located in Bend's beautiful Juniper Park, is a health, fitness and recreation facility open to people of all ages and abilities. We provide a supportive and fun environment for the whole family.

## New Students

**Stop by for a tour of the facility and receive a voucher for your first visit for FREE!**

## Inch by Inch Kick Off!

**Informational Session**

**Tuesday, Sept 7th**

**5:30 pm at Juniper**

**Session starts Sept 20th**

Our **FREE Kick Off** session is designed to introduce you to the instructor team and provide detailed program information.

Join us with your questions and decide if the **Inch by Inch Healthy Lifestyle Program** is right for you!

Our Inch by Inch class size is limited to maintain a more personal touch.

Plan to enroll **EARLY** to assure your space in this great program!



800 NE 6th, Bend, OR 97701  
Phone: (541) 389-7665 (POOL)  
Fax: (541) 385-6705  
[www.bendparksandrec.org](http://www.bendparksandrec.org)



# Inch By Inch

**Start on the Path  
to Your Healthy  
Lifestyle!**

**Exercise, nutrition,  
education and support.**



## Healthy Lifestyle, Weight Loss and Exercise Program

### What's included?

Qualified instructors will guide you through

- *personalized assessment & goal settings sessions*
- *body composition analysis*
- *nutrition analysis*
- *group fitness classes*
- *fitness center weight training*
- *motivational sessions & more!*

### How do I start?

- **Attend** the next **Kick Off Session** for a **FREE** program description.
- **Enroll** at Juniper or call **389-7665**.
- **Plan to attend** the **IBI Group Orientation/Fitness Analysis** on the first night of your session.
- **Attend** an Adult Fitness Center orientation at Juniper.



### What do I get?

The Inch by Inch program fee includes:

- ⇒ Group orientation and educational sessions; goal setting and body composition analysis;
- ⇒ Twice weekly accountability & education sessions (**Team Tips**);
- ⇒ Ongoing email communication with fitness and nutrition team coaches regarding your progress;
- ⇒ **Bite by Bite Nutrition Notes** to help you stay motivated and manage your new lifestyle.

### Each student will also receive:

- *Binder to manage diet and exercise data, informational health and wellness handouts and tip sheets*
- *Tape measure to track inches lost*
- *Personal journal for tracking food intake and exercise*
- *Exercise Dynaband and more!*

### Supporting materials and supplies encourage:

- *Ongoing education*
- *Program compliance/accountability*
- *Motivation to continue towards your personal goals.*

### When do we meet?

**Team Tips:** M 5:45-6:40 pm exercise  
W 6:00-6:55 pm nutrition

Additional daytime classes may be offered with interest.

**IBI Classes:** M 6:50-7:45 pm **Cardio**  
W 7:00-8:00 pm **FC** *or*  
Tu/Th 9:15-10:15 am **FC**

### What happens?

**Inch by Inch class workouts** are among the favorite aspects of the program.

#### **Monday: IBI Variety Cardio Class**

Each week the this class introduces you to a different group exercise option. Typically including both cardio conditioning and muscle toning components, you will experience the energizing influence of low impact or step aerobics, water exercise, NIA, sports conditioning, cycle classes, Zumba & more! Classes are paced to suit those new to exercise.

#### **Tu/Th/Wed: Fitness Center Workout**

**Weight training** is proven to be a vital component of achieving weight loss and body restructuring. Learn to build muscle while stimulating your metabolism as you increase strength and endurance in the Fitness Center.

#### **Level One Consultation Fee: \$150**

A current Fitness Pass is required to attend group fitness classes. Fitness passes give you access to all group exercise classes.

#### **Level Two Consultation Fee: \$115**

A current Fitness Pass is required to attend group fitness classes. Fitness passes give you access to all group exercise classes.