

BLAINE
EVERYDAY
FITNESS



Welcome
Fitness for Every Body

Visit our web-Site:

www.BlaineEverydayFitness.com

&

Facebook: Blaine Everyday Fitness

Tweeter: @BlaineEFitness

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Welcome



Ways to reach us:

By Phone: (360) 332-7210 Cell: (360) 685 6557

By E-mail:

Club: info@blaineeverydayfitness.com

Behyar Yassan: BehyarY@BlaineEverydayFitness.com

By Mail:

1733 H. Street #850

Blaine, WA 98230

Web-Site:

www.BlaineEverydayFitness.com

Who to contact:

First contact the gym at (360) 332-7210 for any and all questions. Further help can be referred as follows:

For billing problems or information: Behyar Yassan

For questions concerning account information: Behyar Yassan

For questions concerning inquiring a membership: Behyar Yassan

For questions concerning personal training and Health Coaching

Brianna Durham (360) 927-4918 or Behyar Yassan (360)332 7210 or 360 685 6557

For questions about any of our group training programs

Behyar Yassan (360) 332 7210

For any other questions: Behyar Yassan

Welcome



Hours of Operation Beginning January 2018

All hours are posted quarterly and subject to change. Please consult the current schedule or call the club for current hours of operation and class schedules.

Club Hours:

Members have 24 hour access, 7 days a week, 365 days per year.

Staffed Hours

Blaine Facility:

Monday-Thursday: 9:30 a.m. – 12:30 p.m. 3:00 p.m.- 6:00 p.m

Friday: 9:30 a.m. – 12:30 p.m.

Saturday: Unstaffed

Sunday: Unstaffed

Holiday Hours:

The club is open with no staff on New Years Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas so the employees of Blaine Everyday Fitness can be with their families. We will post all other schedule changes relating to other holidays at least 15 days in advance in the club.

Visit our Web-Site: www.BlaineEverydayFitness.com

MEMBERSHIPS



All of our memberships include:

- Guaranteed Renewal Option
- Unlimited Tanning
- New Member Orientation
- 24 Hour Access

Membership options at Blaine Everyday Fitness:

IF YOU JOIN AS AN INDIVIDUAL:

1

12 MONTH MEMBERSHIP

\$35

- One time membership fee \$59 paid on first visit PLUS
- Monthly dues of \$35 per month also paid on first visit

2

MONTH TO MONTH MEMBERSHIP

\$35

- One time membership fee \$59 paid on first visit PLUS
- First and last month's dues paid on first visit (\$70)

Two adults at the same address may join the club for a **one-time membership fee of \$79**

And monthly dues of **\$57**

Two adults with one or more children (14-21) may join under our **family membership**

\$99 one-time membership fee and

Monthly dues of **\$80.00**

Statement Billing is available for an additional \$3 per month

TRAINING MEMBERSHIPS



Easy Start Training Membership Includes:

FOR ONLY
\$199

- **8 one on one Personal Training Sessions (30 min each, Value=\$240)**
- **Complete Fitness Evaluation**
- **Nutrition Handouts and Information**
- **30 Days of Unlimited Membership**
- **30 Days of Unlimited Tanning**

Benefits of working with a Personal Trainer:

- **Program Design:**

When building a house, even if you have all the materials and builders needed, you will not get very far without a blueprint. At Blaine Everyday Fitness our trainers are architects building you a better body. Our trainers will design a customized program for you that will fit your goals, your body, and your lifestyle.
- **Increase Confidence in the Gym:**

If you are unsure of yourself in the gym environment, our trainers will help you become more comfortable and more confident. Many beginners feel intimidated by the equipment, the exercises, and by other gym members. Don't let this stop you. Our trainers will help you overcome these discomforts and assist you in adjusting to the fitness environment.
- **Motivation:**

Our trainers can provide that "kick in the butt" you need to get back you back in shape. Depending on your needs, a personal trainer can meet you at the gym as often as every day, or as little as once a week to keep you on track. Our trainers will make sure you are pushing yourself and staying on track to reach your personal goals.
- **Accountability:**

Although some days you may be motivated and ready to get a great workout, there are other days when you have less dedication and may end up skipping. Days like these are why you set prescheduled appointments with our trainers. This gives you a greater chance of keeping your fitness commitment if you know someone is waiting for you at the gym.

Welcome

Personal Training

Do you have everything it takes to get in shape except but the motivation?

Are you the type of person that needs some of **strong personal motivation**, such as a training partner waiting for you to get to the gym each day? Would you get more from your workouts if someone took you through every exercise every time you came to work out? Are you the type of person that just doesn't want to think when you're at the gym and would do better in your workouts if someone held your hand and guided you through every step from the time you got to the gym until you went home?

If you answered yes to any of these questions, then our club's personal training program is what you need.

What is the personal training program and who should take part?

Personal training, or working one-on-one with a certified trainer, is for anyone who struggles with any type of motivation when it comes to sticking with a fitness program. How it works is simple. Book a trainer and he or she will be waiting for you when you arrive. They will then take you through every step of the workout, providing guidance as you need it, as well as some motivation so you get the most out of the workout for that day. Working with a trainer provides you with the freedom to get a great workout without having to put much thought into it because they've already done the planning for you. All you have to worry about is working hard and getting sweaty.



PERSONAL TRAINING

\$55 for a single hour session or you may book
10 sessions for \$350. This type of training includes membership.

\$30 for a single half hour session or you may book
10 sessions for \$250. This type of training includes membership

SMALL GROUP TRAINING

We run our small group classes on a four week basis. Flyers at the front desk outline the specifics of each four week session. Different rates apply to members and non members so check it out and see what will work best for you.

Visit our Web-Site: www.BlaineEverydayFitness.com

Welcome

Commonly Asked Questions

...about the club.



How's the parking?

Parking is easy at the club. We have plenty of spaces directly in front of the club, and overflow spaces on both sides.

Do you have lockers and towel service?

We have number of free day use lockers but please bring your own lock. We discourage members from leaving their belongings overnight because we don't want to run out of lockers for members when they are at the gym.

We also offer a complimentary towel service. You will see clean towels folded throughout the gym and a designated hamper for dirty towels.

Do I have to have a card to check-in?

We will issue you a membership key fob that allows you to get into the club 24 hrs a day but if you forget your card simply stop by the front desk to let us know. **Please swipe your key fob upon entering every time whether we are staffed or not.**

How do I bring a guest?

Guests are always welcome at the club. If your guest lives in the club's marketing area and qualifies for our trial membership we will be happy to extend the courtesy. All guests must fill out proper forms before being allowed in the club so please make sure you and your guest stop by the front desk during staffed hours. If you bring guests in non staff hours there is special envelope and a waiver form in front desk area, each guest should fill and sign the waivers and you pay \$5 for each guest put the waver and money in the envelope and slide it under the office door beside the change room in the back are. Fail to do this procedure will cause you to loose your FOB key and you can only use the GYM in the staff hours.

What happens if I lose something in the club?

If you lose something in the club, ask the front desk if the item has been turned in. We do keep a lost and found box in our back office and items are frequently turned in. Our members are extremely honest when they find items in the club so if it has been lost here, it is likely in the box.

Are your locker rooms co-ed?

You will see we have a set of lockers in the back of the gym with a private changing room off to the side. Please use this to change in as opposed to changing in front of the lockers.

Can I bring my kids to just hang out while I work out?

To insure the safety of everyone, children are not allowed in the facility unless they are members themselves. Children must be at least 14 years old to be a member and need to be accompanied by an adult member (18+) at all times. Children 16-17 may come in by themselves during staffed hours or with another adult member (18+) during non staffed hours.

Visit our web-site: www.BlaineEverydayFitness.com and Facebook

Welcome

Commonly Asked Questions

...about my membership.



Can I put my account on hold if I know I will be unable to come to the gym?

Yes, you may put your account on hold for any reason from as little as one month and up to six months. During this time we will not charge your membership dues and as a result your key fob will be shut off until the specified date. To do this, please stop by the facility and speak to someone at the front desk.

How do I cancel my membership?

12 Month memberships may **not be cancelled unless** the member is moving 20 miles outside of Blaine, WA. The member must bring a certified piece of mail (ie a phone bill) with their name and new address on it to verify the move. **Month to month** memberships may be cancelled **for any reason with at least 30 days notice from the next bill date.**

Can I purchase an item at the front desk and charge it to my account?

If you are a member whose payment is set up as an EFT (electronic funds transfer) account, you may charge items to your account and be billed for them on your next billing date. If you are a member whose payment is set up as a statement account, you must have the funds to purchase the item that day.

Can I pay a few months in advance?

Yes, you may. Just ask the trainer at the front desk how to do this.

Can I add someone onto my account after it's already open?

You are able to add an individual onto your account after it's been opened as long as they meet our **Couple or Family membership guidelines**. See page 4 for more details. An additional \$22 or \$23 + tax is charged for each additional person added to the account until there are three people on the account. Any additional person added after three can be done so at no extra charge.

Do I get a discount if I pay for a year in full?

Absolutely! As a thank you for paying in full we: **about 10% off the total price, 2 months added for free and one half hour training sessions. Prices as below:**

Single Membership 59+(\$35 x 12 = 420) – 48.00 = \$431.00

Couple Membership 79+(\$57 x 12 = 684) – 76.00 = \$687.00

Family Membership 99+(\$80 x 12 = 960) – 106.00 = \$953.00

***Current state sales tax must be added to each price listed**

Do you offer tanning packages for non members since tanning is included for members?

Tanning Prices (staffed hours only)

Single Non Member Tan-\$5.90

10 Non Member Tans- \$40

20 Non Member Tans- \$60

6 Month Unlimited -\$86 (A key fob is available with this package)

1 Year Unlimited \$139 (A key fob is available with this package)

***Current state sales tax must be added to each price listed**

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Welcome

Club Policies and Membership Guidelines



We do have **set guidelines in place** that ensure the safety and comfort of all members at all times. If you have any questions about these please see a staff member before you begin your workout.

Members and guests acknowledge that you are physically able to engage in any activity, program or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other member or club personnel will not be permitted.

Proper clothing and hygiene

- Appropriate athletic shoes only. No street shoes, boots or sandals are allowed in the workout areas.
- Shorts, sweat pants, tee shirts, tank tops and spandex accessories may be worn if deemed appropriate by the club management.
- Clean workout clothing is required. The management will address unsatisfactory hygiene conditions and corrective action may be required.
- All other clothing and shoes must be kept in lockers. Please keep all valuables at home. Again, we are not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans or loose jewelry may be worn in the workout area.

Equipment and cardiovascular areas

- Please be courteous at all times.
- Allow others to work in during your rest periods.
- Keep hands and feet away from all moving parts and weight stacks.
- Do not attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem immediately to the staff.
- Wipe off equipment and benches after each use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.

Weight room areas

- Again, be courteous at all times. Allow others to work in during rest periods.
- Rack all weights after each use.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips must be used for free bar lifting.

Food and drink in the club

- Water bottles with spill-proof lids are allowed in all areas of the club.

Club Decree

*All members and guests are required to **have fun**. We are here to help you reach your **fitness goals** and provide you with a **safe workout environment**. Please let us know if you have any questions or recommendations on how we can best serve you.*

Welcome



Too embarrassed to go to the gym?

You bought a gym membership thinking it was the motivation you needed to get your butt out the door, but now you're regretting every minute you spent with that salesperson. Don't let a little first-time fear ruin a beautiful relationship between you and your gym. Our 10 commandments will help you get over it. By Fitz

Admit it, you're scared. You're positive that the moment you open the gym door everyone will be gawking at you and snickering at your lack of exercise experience. Without a doubt, you're bound to do something stupid.

You have a right to be nervous, even fearful but if you continue to feel this way your dream of that lean, sculpted person is going to remain a nighttime fantasy.

Before you let the opportunity slip away, you need to wake up and buck up. Although it feels as though all eyes in the gym are on you the second you walk through the door, they are not. And you know what? The eyes that actually do glance your way are more likely to be impressed than they are ridiculing. No matter what your age, size, or present fitness level, you should take pride in the fact that you are doing something genuinely good for your body.

To get the most out of your new club membership, follow our 10 exercise commandments:

1. I will be impressed with everyone who walks through the front door of my health club. After all, they came here to improve themselves. I will understand that everyone is equally impressed with me.
2. I will utilize the health club staff for a first day introduction to the gym. I will take notes as they explain how to use each machine.
3. I will purchase three exercise outfits, which I feel comfortable in. That way, I will never feel self-conscious about whether or not I look good.
4. I will understand that the other people in the gym are probably far too busy to look at me anyway.
5. I will ask questions if I am not sure how to use a machine. The gym staff is there to make sure my workouts are safe and effective. They will be pleased to offer assistance.
6. I will participate in a beginner's aerobics or group fitness class. This course will allow me to try out the moves and get comfortable with them before I attempt a more advanced class.
7. I will hire a personal trainer if I feel I need extra guidance.
8. I will always remember that the health club is a place for individual improvement; it is not a place for competition. There are no trophies at the end of the workout, so I will not feel forced to keep up with anyone around me.
9. I will stick with it. Everything I've done was once new to me, yet I have overcome many different challenges in my life. The more I come to the gym, the more at home I will feel.
10. I will feel proud of my accomplishments, and congratulate myself after every workout! I will reward myself occasionally for all the hard work.



Some Class Descriptions:

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver&Fit classes is very similar to **Silver Sneakers** with more agility and balance exercises.



BLAINE EVERYDAY FITNESS INC. has agreement with **AMERICAN HEALTHWAYS SERVICES INC.**, and **AMERICAN SPECIALTY HEALTH** to provide fitness services, benefits, and programs to eligible Members.

These programs are known as “Silver Sneakers” and “Silver&Fit” they are free for the eligible members, they includes one free class (MSRM) for two or three times a week.

Blaine Everyday Fitness proudly accepted these agreements to provide health services for many eligible seniors in Blaine city. Our current members are very happy about these programs and we encourage you to let your senior family members know about these free services.

Many healthcare providers and insurance has agreement with “Healthways” and “American Specialty Health “ you or your senior family members can find out more about it from following websites links or you can simply contact us.

Healthways Resources and Directory:

Address: 1445 S. Spectrum Blvd. Ste. 100 Chandler, AZ 85286

Toll-Free: 1(800) 423-4632

Fax: 1(866) 456-3065

Eligibility:

Silver Sneakers 1(888) 423-4632

Prime: 1(866) 758-7639

ForeverFit : 1(866) 456-3065

American Specialty Health (Silver&Fit) and (Active&Fit)

Phone: (800)848 3555

Fax: (619) 237 3659

<https://www.ASHCompanies.com>