



ENERJOY

Health/Fitness Programs Inc.



6 Ridge Lane, Falmouth, Maine 04105

enerjoyhealth.com • liz@enerjoyhealth.com • 207-329-5050



“What I like about Liz is that she makes every workout different, challenging and fun.” – Sarah S.

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Liz Bradford, shown right, is the owner of ENERJOY and an ACE Certified Advanced Health & Fitness Specialist.



EXPERIENCE ENERJOY

Are you looking for a compassionate and experienced fitness professional to help you reach your goals and improve your life? Liz Bradford of ENERJOY Health/Fitness Programs Inc. in Falmouth has been motivating people to get fit for more than 30 years. Liz recently earned her certification as an Advanced Health & Fitness Specialist from The American Council on Exercise (ACE) and is an ACE Certified Personal Trainer and IDEA ELITE Group Exercise Instructor. Her approach to health and wellness is based on rewarding your body, not punishing it. Her vast experience with people of all ages and fitness levels makes her one of the most qualified and versatile trainers in the state of Maine.

By training with Liz at the ENERJOY STUDIO (or in your own home) you will enhance your life. You'll reap the benefits of a healthier lifestyle including:

- Reduced Stress
- Increased Energy
- More Productivity
- Increased Strength
- Happier Attitude
- Weight Loss
- Improved Posture
- Sense of Well-being

ENERJOY STUDIO CLASSES & PERSONAL TRAINING

The ENERJOY STUDIO is located in a beautifully restored barn, adjacent to the Bradford home in Falmouth. Liz offers specialized individual, semi-private and small group exercise instruction both days and evenings. At ENERJOY you can work hard and take time to rejuvenate and maintain your healthy lifestyle.

YOGA-LATES, STEP-PILATES & CIRCUIT STRENGTH TRAINING are just some of the distinctive classes Liz has created based on current fitness trends. They are unique fusion workouts developed to achieve more extensive results.

Enjoy the regularly scheduled group classes or work with Liz to develop a customized workout for your own small group. Visit enerjoyhealth.com for class schedules and rates.

The ENERJOY STUDIO is equipped with:

- Landice™ Treadmill
- Recumbent Bike
- Aerobic STEPS™
- Bosu Balance Trainers
- Jump Ropes
- Block™ Free Weights
- Resistance Tubing
- Medicine & Stability Balls
- Parabody™ Weight Equipment
- Heart Rate Monitors
- Air Conditioning
- Surround Sound Stereo

Guided outdoor activities such as snowshoeing, running, biking, cross country skiing and hill training are also encouraged around the property.

Pictured right, Liz leads a small group class in the charming atmosphere of the ENERJOY STUDIO in Falmouth.

GET YOUR WORKOUT ON CD

Liz will create a personal workout and put it on audio CD for you to follow at home or on the road. Take your trainer with you wherever you go!

COMMUNITY CLASSES

Liz has developed a series of classes for adults and young people suitable for community recreation programs or private functions. These classes are geared toward larger groups and are offered off-site at a location in the community.

FITNESS IN THE WORKPLACE

Make an investment in the good health of your staff. Liz is currently working with businesses - large and small - to create a workplace that encourages good health and fitness. Whether it is a one-day seminar or an ongoing program, Liz can teach and motivate the people who make your business healthy every day.



PERSONAL TRAINING

One-to-one training designed to evaluate your health, set personal goals and develop an effective plan to reach them.

Get Started – \$120 for 2 hours

Core Essentials – \$175 for 3 hours (You Save \$5)

Home Essentials – \$285 for 5 hours (You Save \$15)

Jump Start – \$450 for 8 hours (You Save \$30)

Get Serious – \$660 for 12 hours (One Session Free)

By the Hour – \$60 for each one-hour session

One hour Personal Training & Audio CD – \$65

SMALL GROUP TRAINING

Affordable, fun and effective circuits or classes with a small group of your friends or family.

Partner Training \$35 each for 1 hour

(2 people) \$50 each for 1.5 hours

Small Group \$30 each for 1 hour

(3 people) \$40 each for 1.5 hours

Small Group \$20 each for 1 hour

(4-6 people) \$75 each, 4 sessions/month

\$140 each, 8 sessions/month

STUDIO CLASSES

\$20 per class (4 min/6 max participants)

\$75 for 4 classes per month (save \$5)

\$140 for 8 classes per month (1 class FREE)

\$200 for 12 classes per month (2 classes FREE)

COMMUNITY & CORPORATE PROGRAMS

- Walking Programs
- Group Exercise Classes
- Games for Kids
- Post Rehabilitative Exercise
- Blood Pressure Programs
- Senior Programs
- Health Assessments
- Anti-aging Workouts
- Pre- & Post-natal Workouts
- Stretch Breaks

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