

REVISIONS ASKS:  
**What are these hands saying?**



"Feeling stronger everyday!"

### The Sergeant's Program

**Formerly Bootcamp Fitness**  
 (Open to all employees)

In eight weeks, you will become healthier and stronger, build teamwork with fellow bootcamp recruits, and be encouraged and motivated each and every class. On nice days enjoy training outdoors.

Former Marine Corps Sgt. Derhyl Randle and his troops will not only help you stay focused but will push you to your limit.

**Eight week sessions**  
 Beginner:

March 13–May 3  
 Mondays & Wednesdays  
 7:30–8:30 a.m.

Advanced:

March 14–May 4  
 Tuesdays & Thursdays  
 7:00–8:00 a.m.

Members \$60  
 Non-members \$100  
 Checks payable to Leo Burnett.



"I'm at peace now that I've stretched."

### Yoga

(Open to all employees)

Introduce yourself to the joy of yoga. Learn the essentials of yoga stretching, breathing and meditation. Recover lost flexibility, energy and peace of mind.

**Continuing Yoga:** Move into new dimensions of flexibility, stamina, strength and serenity. Cultivate a steady, balanced, energetic and restorative personal yoga practice. Reap the rewards of improved health, emotional balance, mental clarity and spiritual well-being.

Yoga is taught by Susan Witz, the yoga and nutrition instructor at Heartland Spa.

**Eight week sessions**

Beginning:

March 13–May 1  
 Mondays 6:15–7:15 p.m.

Continuing:

March 16–May 4  
 Thursdays 5:30–6:50 p.m.

Members \$30  
 Non-members \$50  
 Checks payable to Leo Burnett.



"I salute you. Now I'm going to kick your butt."

### Karate

(Open to all employees)

Jeff Kohn is back to help you burn calories, improve/increase flexibility, self-confidence, full body strength, cardiovascular endurance and self-discipline.

Sensei Jeff Kohn is the U.S. Karate Team's coach for the 2004 Olympics in Athens, Greece.

**Eight week session**

March 14–May 2

Tuesdays 1:00–2:00 p.m.

Members \$68  
 Non-members \$100  
 Checks payable to North Shore Martial Arts Academy.



"Back off! I know self-defense and I will use it!"

### Self-Defense

(Open to all employees)

Don't be a victim! Learn how to avoid dangerous situations. Empower yourself. Gain confidence in your ability to avert possible confrontations through simple escape and striking techniques.

Join Jeff Kohn, U.S.A. Karate Coach for the 2004 Olympics in Athens, Greece, for this powerful learning experience.

**Six week session**

March 14–April 18

Tuesdays 2:00–3:00 p.m.

Members \$45  
 Non-members \$45  
 Checks payable to North Shore Martial Arts Academy.



"My other hand matches this one and together they are outstretched wings."

### Pilates (Mat Class)

(Open to all employees)

Designed specifically to strengthen the core abdominals while opening joints and releasing tension, emphasis in the Pilates workout is on concentration, precision movement and breath awareness.

Pilates certified, Zenda Sergo instructs.

**Eight week sessions**

March 16–May 4

Thursdays 2:00–3:00 p.m.

March 17–May 5

Fridays 1:30–2:30 p.m.

Members \$30  
 Non-members \$40  
 Checks payable to Leo Burnett.  
*Space very limited!*

**Hurry! Class sizes are limited...Register today!**



All classes are held at REVISIONS Group Exercise Room.

- Space is limited.
- Registration will not be accepted without payment. Return check and registration to REVISIONS by **Thursday, March 9, 2000.**
- Please write **separate checks for each program** (see above).

Please sign me up for:	Member	Non-member
Srgt's Program–Beginner	<input type="checkbox"/> \$60	<input type="checkbox"/> \$100
Srgt's Program–Advanced	<input type="checkbox"/> \$60	<input type="checkbox"/> \$100
Yoga–Beginning	<input type="checkbox"/> \$30	<input type="checkbox"/> \$50
Yoga–Continuing	<input type="checkbox"/> \$30	<input type="checkbox"/> \$50
Karate	<input type="checkbox"/> \$68	<input type="checkbox"/> \$100
Self-Defense	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45
Pilates–Thursday	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Pilates–Friday	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40

Name \_\_\_\_\_

Ext. \_\_\_\_\_ Floor \_\_\_\_\_ Member: Yes  No

Birthday \_\_\_\_\_



#### Layout & Typography Sample

Each season the fitness center needed fresh ways to present their special programs. My idea was to use hands as metaphors.