

Make Your Goals a Reality

- Strengthen your core
- Increase your speed
- Improve your explosive power
- Jump higher
- Improve your agility
- Improve abdominal strength
- Increase cardiovascular fitness
- Gain muscle /Lose fat
- Olympic Lifting
- Sport Specific Training



Tim Deines ATC, CSCS

Tim is a Certified Athletic Trainer and a Certified Strength and Conditioning Specialist. He has worked with the St. Louis Stampede (AFL), St. Louis Vipers (Professional Roller Hockey), and the St. Louis Ambush (Professional Indoor Soccer). Tim has worked with many high school programs including Total Soccer Training and is currently the Certified Athletic Trainer at Villa Duchesne Oak Hill School. Personally, Tim participates and trains for triathlons and half marathons throughout the year. Tim has had fourteen years of experience working with athletes at all levels. Tim can assess your strengths and weaknesses and design a workout that will help you achieve your strength and fitness goals.



Tim Deines ATC, CSCS

2512 Chartom Mar
St. Charles, MO 63301
Phone (636) 795-6214
tdeines@vdoh.org

Deines Fitness



*Experience the latest
techniques in Strength,
Fitness and Conditioning*

*Deines Fitness can help you
get stronger and increase
your fitness level. You can
work hard in the weight
room or join one of the Boot
Camps to get the extra
motivation you need.*

Who:
Any Serious or recreational athletes
or beginners ages 12 and up

When:
June 2 – July 30, 2009
**Deines Fitness will be closed June
18th, 19th and June 29th – July 3rd**

Where:
Villa Duchesne Oak Hill School
Fitness Center
(Kenefick Gym's West Entrance)
801 South Spoede
St. Louis, MO 63131

Hours of Operation:
Mon, Wed and Fri - 6am-12pm
Tues and Thurs – 2pm -7pm
**Boot Camps are during listed times.
Participants use the Fitness Center at their
own convenience and workout anytime
during posted hours.**

Boot Camps \$140/4-week session

This program will help you improve your Cardiovascular fitness level, teach you balance and strengthening for your core and whole body, help you lose weight and gain muscle, improve over-all energy and help you feel and look better. There are two 4-week sessions and 2 classes per session. One class is on Mon/Wed and Fri mornings and the other on Tues and Thurs evenings.

If you sign up for 2 sessions pay only \$240

Last Chance Boot Camp \$55
Before Tryouts!! July 27th – July 31st
9am-10am (M-TR)

Fitness Center Choices

1. Independent Workout Pass \$60

This entitles you to use facility and work out on your own.

2. Sport/Activity Designed Workout and Boot Camp \$350

This is a personally designed weight lifting routine that will help you improve your strength, power and fitness level for any sport or activity you choose. Also entitles you to attend two sessions of Boot Camp for the summer.

3. Personal Training Program And Boot Camp \$650

This is customized program to match and fulfill your individual goals. Improve your strength, abdominal / core strength and fitness. This package includes 1 hour of personal training per week where you can get 1 on 1 training for fitness, strength or both (8 sessions total). ***Also entitles you to attend a 4-week session of Boot Camp for the summer.

** All personal training sessions are by appointment only during non posted hours.**

Please detach and Mail: (Checks Payable to:)

Tim Deines
2512 Chartom Mar (636) 795-6214
St. Charles, MO 63301 tdeines@vdoh.org

Name _____

Address _____

Phone _____

Emergency Phone Number _____

T-Shirt Size: (circle) YS, YM, YL, SM, M, L, XL

Fitness Center Choices

Independent Workout 1. \$60

Sport/Activity Design 2. \$350 (Choose Boot Camp)

Personal Training Prog 3. \$650 (Choose Boot Camp)

Boot Camps \$140/session (\$240 for 2 sessions)

Session 1 -- June 2th-June 26th:

(Choose days and time) Mon/Wed/Fri 7:30am-8:30am

Tues/Thurs 5:30pm-7pm

Session 2 -- July 6th-July 30th:

(Choose days and time) Mon/Wed/Fri 7:30am-8:30am

Tues/Thurs 5:30pm-7pm

Last Chance Boot Camp – \$55

July 27th-July 30th

Mon-Thurs 9am-10am

Total Amount Enclosed _____

Waiver

1. I/We agree to abide by all posted rules and conditions.
2. I/We acknowledge that the use of equipment located in the weight/fitness room carries with it certain risks of physical injury. I/We hereby agree to release Tim Deines/Villa Duchesne Oak Hill School from any negligence and all liability of any kind or nature whatsoever, including attorney's fees, which may accrue to me/us as a result of the use of the facilities.
3. I/We understand that Villa Duchesne Oak Hill School is not responsible for any lost or stolen belongings which I/We may bring upon the premises.
4. Please consult physician before you begin any new exercise program.
5. No refunds / No Exceptions

Signature _____

Parent/Guardian Signature (if under 18)
