

Adult Sports / Adult Programs



These presentations are not supplement sales pitches. We will provide information about nutritional strategies to achieve results without fad dieting. For those interested, at the end of each session we will include supplementation ideas for best results and free samples.

Eating to Lose Body Fat & Improve Energy Levels

Can you lose 10lbs of fat in 2 weeks? Should you exercise on an empty stomach? This presentation will assist anyone already in shape or just thinking about getting back in shape. We will focus on nutrition, timing, myths, tips, and the best strategies for losing weight & building lean mass.

THIS IS NOT A PRODUCT PRESENTATION.

Class Code: 431006-01 **Date:** Wednesday, May 5
Fee: \$5.00 per person **Time:** 6:00PM
Location: Moline Public Works Building

Nutrition Strategies to Gain Muscle Mass

We encourage parents to bring their young athletes so they can learn to eat properly to support their training efforts.

Class Code: 431006-02 **Date:** Wednesday, May 12
Fee: \$5.00 per person **Time:** 6:00PM
Location: Moline Public Works Building

Proper Nutrition & Recovery Strategies for Athletes

Many endurance athletes are injured every year before they actually compete in the event they trained for. In many cases it is directly related to poor recovery and nutrition strategies. We will discuss typical daily macronutrients, pre-workout nutrition, post workout recovery, and how to *eat to compete*.

Class Code: 431006-03 **Date:** Wednesday, May 19
Fee: \$5.00 per person **Time:** 6:00PM
Location: Moline Public Works Building



Max Muscle Sports Nutrition
852 Middle Road
Duck Creek Plaza
Bettendorf, IA 52722
Ph. (563) 355-4444
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"Fit For Life"

Take advantage of your beautiful riverfront and Moline Parks with a new fitness program called "Fit For Life". Thanks to Genesis Medical Center's contribution of 'HealthBeat', Ben Butterworth Memorial Parkway's outdoor exercise equipment, we will be offering a 4 week session 2 times a week. Our instructors may incorporate 'Healthbeat' outdoor equipment as well as other natural structures within the park. This is a full body workout rain or shine, focusing on core, resistance, flexibility and cardio. This class is suited for anyone and everyone who wants something new in their fitness routine or just beginning a fitness plan.

As a bonus, "Fit For Life" instructors will send out a weekly newsletter explaining the benefits of exercise and nutritional tips for you to incorporate into your workout routine.



*It's never too late to begin again...
 what do you have to lose?*

Workout with **Michele Jamison**
 '2009 Max Muscle MaxFormation' Winner
 And her trainer, Mike
 From "Begin Again Fit For Life"

<u>Session I</u>	<u>Session II</u>	<u>Session III</u>
Code: 421006-01	Code: 121006-02	Code: 121006-03
Fee: \$70.00	Fee: \$70.00	Fee: \$70.00
Days: Mon./Wed.	Days: Mon./Wed.	Days: Mon./Wed.
Dates: 4/26-5/19	Dates: 6/7-6/30	Dates: 7/12-8/4
Time: 5:30PM	Time: 5:30PM	Time: 5:30PM

Location: West end of Ben Butterworth Parkway
 2501 River Drive - Moline, IL
**next to Channel Cat Water Taxi*

"Senior Fit"

This is a 4 week class geared towards adults 55 and older. We will work on core, strength, flexibility and cardio.

As a bonus, "Fit For Life" instructors will send out a weekly newsletter explaining the benefits of exercise as well as nutritional tips for you to incorporate into your workout routine.

<u>Session I</u>	<u>Session II</u>
Code: 121001-01	Code: 121001-02
Fee: \$40.00	Fee: \$40.00
Days: Saturdays	Days: Saturdays
Dates: May 22 - June 12	Dates: July 17 - Aug 7
Time: 7:30AM	Time: 7:30AM



All classes will be held at the West end of BBMP