

# THE MARBLE METHOD IS NOT SHUTTING DOWN! I AM JUST RELOCATING AND FOCUSING ATTENTION ON SMALLER GROUPS.

**CHANGES:  
DIFFERENT LOCATION  
TRAINING:  
MORE INTENTIONAL & PERSONAL**

## **YOU MATTER!!**

Training and coaching isn't just a job-- it's a calling and a God given gift. It is my passion! Group fitness limited my ability to truly train, coach, empower, connect and give to my clients the way I wanted. I learned I was not a big box gym owner because I truly wanted to work consistently and intimately with my clients, hold them accountable and write programming tailored to them.

I find genuine joy from serving my clients and getting massive results!

## **PHILOSOPHY**

My training method is a **results-driven approach** that covers every aspect necessary to **achieve your goals, whether they involve weight loss, healthier lifestyle, injury rehabilitation or sports performance.**

If you are looking to feel amazing with results that match, lose weight, improve strength and body composition or need a jumpstart to getting back in shape, I will provide the knowledge and the means to help you become fit and motivated to stay that way.

## **WHY EXCLUSIVE SMALL GROUP TRAINING**

**Every client has a different goal in mind and different needs.**

If you enjoy the motivation, encouragement and fun of a group this is for you.

Exclusive small group training gives you the camaraderie and tailored training sessions without the financial cost of personal training.

Other programs may be cheaper in the short term, but in long term **they cost more!**

Think injuries, physical therapists and worst-case scenario, surgery!

### **ACHES, AILMENTS & NAGGING INJURIES!**

I want to help you move better and feel healthier than ever before.

#### **The Process is Simple...**

Lose ankle mobility, get knee pain

Lose hip mobility, get low back pain

Lose thoracic mobility, get neck and shoulder pain, or low back pain.

It could be the lack of mobility or stability in a joint located above or below in the chain causing the problem.

I am going to get you feeling better than ever to live a long, healthy and confident life!

### **FUNCTIONAL MOVEMENT SCREEN**

Each client will perform a function movement screen. A simple method to identify movement pattern asymmetries and/or deficiencies. Based on your results, I will work towards improving mobility, flexibility and strength.

### **NUTRITIONAL RECOMMENDATIONS**

I will be giving baseline nutritional recommendations based on the program formatting of the sessions.

### **MEASUREMENTS & ASSESSMENT**

Every 8 weeks, every client will have their measurements, scan and photos uploaded.

This will help us measure how far you've come!

The results will be incredible.

It sure does feel amazing to not only look great but feel great!

**EACH SESSION WILL INCLUDE:**

**MOVEMENT PREP**

We will begin with soft tissue work and movement quality with an emphasis on active stretching and muscle activation. A section dedicated to motor control drills based on your Functional Movement Screen.

**DYNAMIC WARM-UP**

We will work to increase tissue temperature, prime the nervous system for training, and to practice the movement patterns coming later in the session.

**STRENGTH & CORE**

Then we will hit the training floor incorporating multi planar movements to ensure well-rounded strength.

**CARDIO OR COOL DOWN**

Based on the day we will either finish with cardio or cool down.

**NO MORE PAYING FOR FALL, WINTER, SPRING BREAKS OR HOLIDAYS!**

**SOLIDIFIED TRAINING SCHEDULE!**

**SEASONS**

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Sept 12th - Dec 15th	Jan 2nd - Mar 30th	Apr 16th - May 1st	The entire schedule will be released May 1st.

# TRAINING DETAILS

## MONDAY - THURSDAY

4 Training Sessions with Ashley each week.

## FRIDAY

Friday you will receive an additional workout.  
You can perform at home or at the gym.

## OFF WEEKS

I created this option so that if you are on vacation or break you are no longer paying a membership fee. However, you have the option to have access to the gym with a personal workout for the week for only \$40.

## OUT OF TOWN OR TRAVELING

If you are unable to attend a workout because you are out of town and a client, just tell me a week in advance and I will tailor the workouts for you on the road.

## OFF WEEKS

OCTOBER	NOVEMBER	DECEMBER	APRIL	JUNE	JULY	AUGUST
24th-30th	21st-27th	19th-31st	2nd-15th	TBD	TBD	TBD

## MEMBER EVENTS \*SAVE THE DATE\*

SEPT	OCT	DEC	FEB	APRIL	JUNE	AUG
10th	1st	19th	11th	11th	17th	TBD