



# Newsletter

Quarter 1

[www.BPTFitness.com](http://www.BPTFitness.com)

January - March 2018



We at BPT are not only health coaches and fitness professionals. We are fitness enthusiasts who have a passion for what we do. No matter what your motivation is for bringing yourself to the next level of success, we are here for all your New Year Resolution Fitness needs.

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*We at BPT Fitness  
want to wish all Our Clients  
a very Happy New Year!*

*As we ring in another new year,  
we want to thank you for  
letting the trainers at BPT  
help you meet your fitness  
and weight loss goals.*

*We look forward to  
continuing to support your  
success!!*

***New in 2018!***

***We will be offering a  
Stretch Class***

***On Sundays at 10am!***

***\$15.00 drop-in***

***We hope to see you there!***

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We can offer a variety of support to help your reach your 2018 fitness goals. Below is just a few ways we can help you.

- Private Trainings (one-on-one)
- Semi-Private Trainings
- Gym Memberships
- Group Classes
- Martial Arts
- Women's Self Defense
- Weight Loss Programs



## Ask the Expert!

*Brought to you by....*



**Ralph Bergamo** AFAA, NSCA  
Owner, BPT Health Club & Fitness Center / Bergamo's  
Martial Arts, AFKTF  
Master Health & Fitness Coach

**Question:** How Often Should I Work Out/Lift Weights?

**Answer:** According to the American College of Sports Medicine (ACSM), you should exercise 20 to 60 minutes, three to five days a week for health/fitness promotion (ACSM 1995).

***We like to hear from you!!!***

Please send in your fitness related questions to Ralph at [bptfitnessct@gmail.com](mailto:bptfitnessct@gmail.com) to have your questions answered in an upcoming newsletter!

## Women's Street Survival Seminar



This 90-minute course will teach you ways to avoid potentially dangerous scenarios and, most importantly, learn where and how to strike effectively to escape and survive a physical altercation.

Saturday, January 27, 2017

12:00 – 12:30pm: FREE

12:30 – 1:30pm: \$22.00



## BPT 10-minute Workout Highlight



### *Your Morning Workout*

#### 10 Minute Workout

- \*50 Jumping Jacks
  - \*10 Push Ups
  - \*20 Crunches
  - \*20 Bicycles
  - \*20 Mountain Climbers
  - \*30 Secon Plank
- Repeat 2x



## 2018 New Year & A New You!

*"Your NEW YEAR Resolution with BPT"*



*A great holiday gift for your special someone!!  
Gift Certificates Available!*

### New Year Special Membership Package

**\$169.00 (plus tax) per month**

Membership Package is based on 1-month commitment  
Special pricing is for a limited time only!

**Package includes:**

- Unlimited Open Gym Hours\*
- Unlimited Selected Group Classes per week\*\*
- BPT "Daily Workout" Board
- Overseen by a Certified Personal Trainer



### BPT Gym Membership

**\$59.95 / month**

Gym Membership includes Open gym\*  
Weekly Fitness Challenges  
Eating management coaching

\*Open Gym Hours: M-F 8-10 am & 3-7pm; Saturday 9-11 am; Sunday 9-11 am

\*\* Group Classes not included in package: Pound IT! and Zumba



**"Be More Awesome than Last year!"**

**Call Today to Register! 203-444-4322**

**Email [bptfitnessct@gmail.com](mailto:bptfitnessct@gmail.com)**

For more information: [www.bptfitness.com](http://www.bptfitness.com)

203-444-4322



**About Us:**

460 West Main St, Cheshire, CT 06410

203-272-3113 or 203-444-4322

bptfitnessct@gmail.com

**Visit Us:**

[www.bptfitness.com](http://www.bptfitness.com)

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**STOP SAYING I WISH AND START SAYING I WILL!**



**FOCUS ON BECOMING  
A BETTER YOU.**