

# Resolutions

## Affordable Personal Training for a Fraction of the Cost!!

K-Star Fitness has hit another home run! Due to the success of their Huntley studio, they've opened a second location at 1487 S. Randall Rd. Algonquin, IL 60102. It's located near the corner of Randall Rd. and County Line Rd. between BP Gas and Montarra Restaurant, just kiddy corner from Algonquin Commons.

Encouraged by many of their clients, K-Star Fitness decided to take the plunge and open another location. "This aligns perfectly with our passion to help more people improve their lives through fitness. By having us focus on small, "Group Personal Training" it lowers an individual's cost significantly. For those people wanting experienced and quality instruction from Certified Personal Trainers, it's a great way to get fit, stay fit, or take your fitness to the next level. It makes their goals much more realistic and affordable! Training in a group setting is very exciting. You have other people doing the same fun things you're doing at the same time while encouraging each other on! One can expect to receive 3-4 group sessions for the price of one, one-on-one session." says Ron and Mary of K-Star Fitness. (K-Star still offers one-on-one training for those who need on-on-one attention)

### What sets our studio apart from other fitness facilities?

- **Gravity Group Personal Training**



EFI, maker of the Total Gym, has taken the group fitness arena to a new level with its introduction of the GTS Gravity Machine. GRAVITYGroup is all about time efficiency and productivity for group resistance training. This 30-minute full-body workout produces incredible physical results—results you can see and feel very quickly. It is fun and social; it adapts to any ability

level and members never feel intimidated by the equipment or the workout. Many gyms throughout the United States have already incorporated the GTSGravity Machines in their facilities and customers are ecstatic about their results. Some satisfied customers replied,

*"Since beginning training on the GTS®, I have lost weight and improved my muscle strength and tone. Because of the focus on the core, I have increased flexibility and have much better posture". The GTS provides a full body workout on just one machine, making it time [fast] and user friendly and totally efficient." ...Mary Lucy Thompson, Club Member, AC Lewis YMCA, Baton Rouge, Louisiana*

*"The GRAVITY class is the best overall workout I've ever experience in such a short time that combines both cardio and strength training"... Testimonial Wall at Bladium, Alameda, California*

- **StarTrac Spinning Bikes With on Board Computers**

In an effort to take the guess work out of how difficult a cardiovascular session should be, K-Star Fitness will be offering "Group Spinning" classes with state of the art spinning bikes. Utilizing StarTrac's top of the line NXT 7000 Spinning Bike, along with on board computers, the exerciser will be able to monitor his or her heart rate, cadence, calories burned, time and travel. Know with certainty how hard you have worked. If your desire is fat loss, learn from a K-Star professional how to precisely monitor that. Make the most of your cardio sessions. Learn what you have to do to continue to burn fat all day. Weight management consultations are available. See a K-Star professional today.



- **The Staff at K-Star Fitness**

K-Star Fitness is owned and operated by two certified fitness professionals, Ron Keable and Mary Hermann. They have a combined 34 years of life fitness experience. Ron is a 55 year old certified personal trainer and group fitness instructor. He is a former paramedic/firefighter from the North Shore. He has extensive experience as a



Photo by Kim Perkins

regional and national bodybuilding champion, a bodybuilding judge, and promoter. He also has a background in martial arts and is the father of two children. Mary is a forty seven year old mother of three. She holds a Bachelors Degree of Science from Northern Illinois University and is a certified personal trainer. Mary is a former registered nurse of fourteen years with an emphasis in Coronary Care and Open Heart Surgery Recovery.

Both Ron & Mary have worked extensively with men and women in that 35-60+ year old age group with strength and weight loss and issues. Both are dedicated and passionate about helping people improve their lives through fitness. FYI, their youngest client is five years old and the oldest is 90 years young! It's never too soon or too late to start.

- **Passion For Fitness & Quest For Education**

K-Star Fitness is not your traditional health club nor is it a diet center. They are certified health professional trainers who have "been there and done that" and know how hard it is to find accurate answers you are looking for. Their passion for fitness and their burning desire for continuing education evolved from their personal life experiences in the fitness arena of having "tried it all." Save yourself time and money. Learn and profit from their experiences. They know what works and what doesn't!

- **100 % Guarantee**

K-Star Fitness utilizes a three pronged approach incorporating dietary management, specialized cardiovascular training, and a special strength training regimen. If you follow their program, it's 100% successful, guaranteed! It will change your life!

Better health is not a destination, it's a journey. Not only is it a journey to improve your health but it's a journey of empowerment, independence, and confidence as well. K-Star Fitness will help you open the door to a lifetime of health and well being.

### Affordable Personal Training At Last!!



1487 S Randall Road,  
Algonquin, 60102  
847-669-1883

## 50% OFF

### Membership Enrollment

Offer expires 03-01-07. Must present coupon for discount

Some of the many benefits you will realize with K-Star Fitness are:

- Improved health and sense of well being
- Private and Group instruction with a Certified trainer
- Top-of-the-line training equipment, instruction, and education
- Individual StarTrac spinning bikes and GTS Gravity machines
- Exercise counseling
- An encouraging and motivational environment
- Greater flexibility and increased strength
- Weight loss/Nutritional Counseling, Metabolic Testing