

August 2017 Jump Start News



Enhancement Fee Announcement!

Thank you all for contributing towards updating our facilities and equipment!

Here at Jump Start and Associated Therapeutics, we strive to give you, your friends, and family the best customer service and facility resources as possible!

This year, we have taken everyone's suggestions into consideration and are excited to announce the purchase of a new NuStep T5xr!

T5



Contact us at associatedtherapeutics.com
or by phone at (865) 687-4537

Limited
Lockers
Available!

New! Membership: Add-Ons

Premium Gold:

\$15-\$20/month

- ◆ Assigned Locker
- ◆ Bring a guest (Excludes Group Fitness Classes)
- ◆ Free 1 hour massage per year
- ◆ Free Personal Training session or orientation per year
 - ◆ 1 protein bar per month for a year
 - ◆ 1 water per month for a year

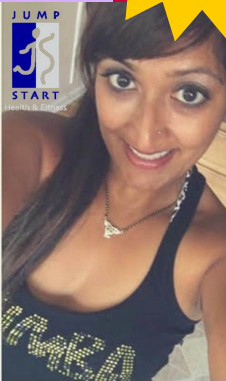
Bring a
Guest!

Premium Silver

\$10/month

- ◆ Bring a guest (Excludes Group Fitness Classes)
- ◆ Free 30 minute massage per year
- ◆ Free Personal Training Session or orientation per year

Ask the desk staff about signing up today!



Zumba Gold!
Tuesdays &
Thursdays
@5:30pm

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WELCOMING OUR NEW
GROUP FITNESS
INSTRUCTOR
Bonnie Patel
.....

Associated Therapeutics, Inc.

Associated Therapeutics, Inc. has been serving the Knoxville community for over 30 years. We offer comprehensive outpatient physical therapy & aquatic therapy. Our outstanding therapists, our beautiful Junior-Olympic Aquatic Center and the fully functional fitness center will meet all your therapy needs. We pride ourselves on treating each client like family and providing them with the best therapy treatment in East Tennessee. We hope to serve you soon!





Jump Start will be closed on Monday, September 4th to observe Labor Day!



Massage News!

As many of you all have experienced, there is a high demand for massage appointments with Amy! This has been a positive problem to have because it has allowed us to expand upon our massage therapy program here at Jump Start!

We are excited to announce the hiring of a 2nd massage therapist, Bekah Harris. With over 17 years of experience and a passion for helping others, we know Bekah is going to fit right in to our Jump Start Community!

We will soon have a massage therapist available 6 days a week! Stay tuned for more details!

Our Spring 12 Week Program was our most successful program yet!

Participants lost a collective 93lbs!

Three of our 9 finishers lost over 20lbs! Each having different trainers!

HARD WORK PAYS OFF

12 WEEK PROGRAM

JUMP START HEALTH & FITNESS

SIGN UP NOW!

Begins August 21st

#fitspiration

Sign up today! Change your life in 12 weeks!

Program includes: 36 group sessions with a personal trainer, nutrition discussion sessions, nutrition and meal prep presentations, grocery store field trip, all participants will receive t-shirts and other prizes, and the grand prize for the program winner will win...
A NEW FIT BIT!!!!!!!

Game Day Apple Bites

Directions

1. In a large bowl, soak apples and orange juice for ten minutes.
2. Remove the apples and let dry completely.
3. Melt yogurt chips according to package instructions.
4. Using a fork, dip each apple wedge into the yogurt.
5. Place wedges on a parchment- or foil-lined baking sheet to let the yogurt harden. Once completely cool and dry, add the "football laces" by piping the Royal icing.



Ingredients

- 4 apples cut into 6 wedges each
- 2 cups orange juice
- 10oz bag of yogurt melting chips (instead of chocolate)

<https://www.foodlion.com/recipes/game-day-apple-bites/?source=/onTheMenu/>