

High Exposure Big News!

Dear Valued Customer,

I am humbled by the outpour of support from our customers over the past seven months.

Thank you for making this 15 year dream of mine a success! We have come a long way since our opening day, even having one of our competitive youth climbers - Adam Shahar – qualify and compete in the nationals. (GO ADAM!!!) We hope to send at least 5 more kids to the nationals this upcoming season. Also CHASE bank will be filming their next online commercial in our facility.

Like any new business, we are striving to improve our services and update our programming. Please continue your constructive feedback, it will be heard and considered.

As some of you know, my pet project is to build a strong community of adult climbers/athletes who can participate and grow in the space together with their children. We have adult fitness classes that are conveniently paired with your child's enrichment. So often we sit and wait for our kids to finish their activities and forget about our own health and well-being. At High Exposure, you are able to take one of our classes while waiting for your child. It's a fun way to stay fit and healthy. We also will encourage anyone to climb the hour away with our auto belays in both the climbing and Action Adventure areas.

We would greatly appreciate any suggestions for additional programming and more convenient times/days. New classes can start with just a group of five.

Best wishes, Stephanie.

THE ONGOING ADULT PROGRAMS ARE THE FOLLOWING

YOGALATES, WEDNESDAY 6:30PM TO 7:30PM

Fitness Instructor Victoria Pero will blend bar techniques, Pilates and yoga for a workout that is focused on toning the whole body. This low-impact workout will increase your fitness level by developing your core strength and stabilization through Pilates work, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

CARDIO BLAST, SUNDAY 8:30 AM TO 9:30 AM

GREAT CROSS TRAINING FOR OUTDOOR RACERS!!! Fitness Instructor Victoria Pero will blend intense cardio with dynamic stretching and light weight work in an "club dance" atmosphere. Beginning in the yoga room and moving onto the climbing floor, this class combines explosive movement, dynamic stretching, power jumping, weight training and high-level cardio to offer clients a full bodied, super sweaty work out.

ROC FIT, MONDAY AND WEDNESDAY 7:00PM-8:00PM, SAT 8:30AM-9:30AM

GREAT CROSS TRAINING FOR OUTDOOR RACERS!!!

Fitness Instructor Amaury Hernandez or RJ (Ella) Remillino will get you in the best shape of your life by playing! Crosstrain in our total facility. Your workouts will be forever changing on floor, parkour training, obstacle training and calisthenics.

OBSTACLE TRAINING THURSDAY 7:30-8:30, SATURDAY 9:00AM- 10:00AM.

Fitness Instructor Amaury Hernandez or RJ (Ella) Remillino. Do you think you got what it takes to become an American Ninja Warrior? Learn how to run up warped walls, vault, jump, and salmon ladder your way to success.

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NEW PROGRAMING

SPARTAN SGX TRAINING.

We are looking for a certified trainer to run SGX programs.

Our goal is to have classes started by March 15th.

Sign-ups start now so please get the ball rolling! Just \$18.00 a class or \$135.00 for 8 weeks

SPECIAL NEEDS PROGRAM

Saturday 8:30AM-9:30AM, Wednesday 4:00PM-5:00PM

Parent or guardian participation a must. Just \$25.00 a class or \$200.00 for 8 weeks

SIGN UP STARTS Week of February 29th. 10 person sign up maximum

CLIMBING WARRIOR 1: SATURDAY 9AM-10AM

Beginning Climbing and Ninja Warrior Obstacle training ages 7-12

FINALLY, PRESCHOOL MORNING

PROGRAM IS HERE!!!!

ANNOUNCING MUSIC SPEAK CLASSES FOR PRESCHOOLERS

Session Dates: March 7th-April 15th.

We are so pleased to announce that we will be offering Music and movement classes for preschoolers by Music Speaks. Wendy Bain, the director, blends traditional and contemporary songs with movement for an enriching 45 minute, interactive class. She has been educating preschoolers for over 25 years

Sign up immediately for a free trial February 29th at 10:00 AM

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**\$10 ADMISSION AFTER 8PM,
MONDAY THRU FRIDAY**

EVERY THURSDAY, BOGO NIGHT: BUY ONE GET ONE

**EVERY THURSDAY, LADIES NIGHT,
LEARN TO CLIMB FOR \$18**

**APRIL 11TH TO 15TH, NINJA WARRIOR CAMP
WITH JOE MORAVSKY AND HENRY FERRARIN**