



Membership Information

Your path

The Full Speed Athletics membership is an online, all inclusive, fitness, health and wellness plan. Convenient and at your fingertips, it is personalized for each individual to set them on the healthier path.

Walk this path with me. With my direction, knowledge and inspiration, and with your dedication, and perseverance, together, we will have a much greater probability of reaching your health and fitness goals.



What's included in the membership?

- INTRODUCTORY ASSESSMENT:**
goal setting, nutrition and mobility.
- PERSONALIZED FITNESS PROGRAMMING**
for at home or in the gym.
- ACCESS TO THE ENTIRE FSA ONLINE SCHEDULE**
(see next page).
- Cloud recorded workouts sent out after every session.**
- WEEKLY ACCOUNTABILITY CHECK INS.**
- WEEKLY WELLNESS DIGEST**
Provided By Venova Wellness.
- COMPLIMENTARY**
Full Speed Athletics
workout shirt.



Online Class Schedule

Mobility

Tuesday and Thursday
at 6:00 p.m. CDT

This mobility class will challenge the way you stretch. Designed to increase joint range of motion and resiliency to help prevent injury.

- Level 1 beginner mobility class is Thursday evenings.
- Level 2 advanced mobility class is Tuesday evenings.

Get Fit From Home

Monday, Wednesday and Friday
12:00 p.m. CDT and
Tuesday, Thursday at
5:00 p.m. CDT

A stimulating half an hour high intensity interval training (H.I.I.T) class.

Requires little to no equipment to get your heart rate going and get a sweat on. Designed to be accessible, inclusive and convenient.

Join in from home,
from work or even
from your dock at
the cabin! All you
need is internet.



What clients have to say..

I've had the benefit of working closely with Andrew over the last few years as I worked hard to improve my health and fitness. Although I've been physically active all of my life, I found that as I age the benefits and inspiration I receive from Andrew's knowledge, direction and accountability has been priceless.

- **Guy M.**

Andrew has been one of my coaches for almost four years now. His GFFH classes are great because you can do them at home with little to no equipment and still work up a good sweat! Prior to the workout Andrew demonstrates each exercise and provides options for every fitness level. During the workout he also talks about proper form which I find super helpful! I also do the mobility classes which give a great stretch and have improved my flexibility. For me, these classes have been convenient, motivating, and have brought me closer to reaching my fitness goals!

- **Ashley M.**

Started the at home workout program which is 3 days a week, 30 minutes each. Andrew offers a wide variety of exercises which challenge you mentally and physically. Great for beginners too, as he demonstrates each task and allows for recovery. While doing this program and changing my diet, lost 8 pounds in 3 weeks while maintaining a desk job. Highly recommend!

- **Meagan P.**



Set yourself apart

The Full Speed Athletics approach will take all the guess work out of living a healthy lifestyle. Bringing exercise, nutrition information and accountability directly to you makes it practical and attainable.

Andrew Kleinsasser

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**Contact
me to get
started!**

