



BIC Specialty Fitness

Ineke Madderom and Cheryl Kingsbury, co-owners of BIC Specialty Fitness, are excited to assist clients with personal training, wellness workouts and class instruction at Indiana Spine Group in Carmel, IN. BIC Specialty Fitness is a personal training and wellness practice dedicated to special populations.

Ineke Madderom, BS

Prior to co-founding BIC Specialty Fitness, Ineke was at St. Vincent Bariatric Center of Excellence, the most experienced bariatric program in Indiana, offering both surgical and non-surgical weight loss options. She provided counseling, training, and teaching for non-surgery, pre-surgery and post-surgery patients, helping them achieve more than just long-term weight reduction, but a notable improvement in their health and well-being.

Ineke has more than 30 years of experience in the fitness industry which includes teaching many types of fitness classes along with 22 years of experience as a personal trainer. Over the last ten years, she has focused on helping specialty populations. This includes working with active and chair-bound seniors, post rehabilitation clients and clients with arthritis, multiple sclerosis, Parkinson's disease, fibromyalgia, diabetes and, obesity.

Ineke is a graduate of the University of Illinois and holds a variety of professional certifications through the Functional Aging Institute (FAI), American Council on Exercise (ACE), the Arthritis Foundation (AF), and the American Red Cross (ARC). She volunteers with and chairs many fitness events including those of the Arthritis Foundation, American Heart Association, St. Vincent Bariatric Center, as well as with the National Senior Health and Fitness Day event.

Cheryl Kingsbury, BS

Prior to co-founding BIC Specialty Fitness, Cheryl was a Health and Fitness Specialist at St. Vincent Women's Hospital in Indianapolis, where she provided instruction for groups and individuals in exercise and weight management. Cheryl also worked with the Center for Healthy Aging in enhancing the wellness program at PrimeLife Enrichment in Carmel, as well as the development of new wellness programs at Robin Run Retirement Community in Indianapolis, The Stratford Retirement Community in Carmel, and Sunrise at Old Meridian in Carmel. Cheryl's career in fitness and wellness spans over twenty-five years.

Cheryl holds a degree in physical education and fitness, with a concentration in gerontology from the University of Wisconsin, LaCrosse. She was a varsity athlete and competed on the university's National Collegiate Gymnastics Association championship team. Among her professional affiliations, Cheryl serves as an instructor trainer, advocate and long-time volunteer for the Arthritis Foundation. Cheryl holds professional certifications with the Functional Aging Institute (FAI), American Council on Exercise (ACE), Aquatic Exercise Association (AEA), Arthritis Foundation (AF) and American Fitness Professionals and Associates (AFPA) and American Heart Association (AHA).



Beginning February 2018 BIC Specialty Fitness will offer new workouts at
Indiana Spine Group 13225 North Meridian Street, Carmel, IN 46032

This program series meets twice a week for 4-weeks in Physical Therapy Exercise Room 2nd Floor:

Mondays 1:00p – 1:45p Balance Bootcamp

This 45-minute workout (12/max) will address and help correct movement patterns and muscular imbalances that can lead to falls. The workout will include functional exercises that are progressive and structured to create a complete workout that is effective, FUN and encourages individual progression and skill development.

Thursdays 1:00pm – 1:30pm Small Group Training

Training group (12/max) will receive exercise instruction that target areas of concern or weakness. Trainings will include a wide variety of equipment such as: free weights, kettle bells, bars, dyna-bands, agility ladder, balance dots, etc. to safely challenge each individual while exercising in a small group setting.

All workouts will be led by Cheryl Kingsbury and/or Ineke Madderom, Co-owners of BIC Specialty Fitness, Certified Functional Aging Specialists and Certified Personal Trainers.

Cost: \$99 for 4 week/4 Balance Bootcamp & 4 Small Group Training sessions

A minimum of four registered participants is required for session to run as scheduled.

**Drop-In Workout Rates: \$10 for Balance Bootcamp*
\$25 for Small Group Trainings***

*Drop-In Workouts only applicable if space is available. With safety being our top priority, 12 is the maximum participant number for BIC Specialty Fitness programs.

Want to learn more about BIC Specialty Fitness? Check us out on the Indiana Spine Group website under the Physical Therapy and Personal Training tab: www.indianaspinegroup.com/

Ready to start?

February/March	Balance Bootcamp	Mondays – 2/12, 2/19, 2/26, 3/5
	Small Group Trainings	Thursdays – 2/15, 2/22, 3/1, 3/8
Week off – Monday, March 12th – Friday, March 16th		
March/April	Balance Bootcamp	Mondays – 3/19, 3/26, 4/2, 4/9
	Small Group Trainings	Thursdays – 3/22, 3/29, 4/5, 4/12
Week off – Monday, April 16th – Friday, April 20th		

Space is limited, register TODAY by contacting Ineke or Cheryl.

Ineke Madderom or Cheryl Kingsbury: 317-893-1233

Ineke.bicfit@aail.com

Cheryl.bicfit@gmail.com

WISH IT, DREAM IT, MOVE IT!!!

