



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).

Personal Training Menu

Single Training Fee \$40
30-minute personal training session

Individual Training Package Options

Five – 30-minute sessions	\$185	Ten – 30-minute sessions	\$350
Five – 45-minute sessions	\$275	Ten – 45-minute sessions	\$525

Partner Training Package Options

Five – 30-minute sessions	\$300	Ten – 30-minute sessions	\$600
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Small Group Training Package Options

3 Participants \$25/person/session			
Five – 30-min sessions	\$375	Ten – 30-min sessions	\$750
4 Participants \$25/person/session			
Five – 45-min sessions	\$500	Ten – 45-min sessions	\$1000

Personal Workout Plan \$75

Perfect for those clients who want to have a customized exercise program that they can do on their own.

4-week Workout Series

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 1:00p – 1:45p Strength Conditioning

Participants (12/max) will receive exercise instruction that target areas of concern or weakness. Workouts 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 workout participant.

Cost: \$80 for 4 week session (4 Balance Bootcamp & 4 Strength Conditioning)

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

Drop-In Workout Rates: \$12/workout

*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.

February/March	Balance Bootcamp	Mondays – 2/12, 2/19, 2/26, 3/5
	Strength Conditioning	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
	Strength Conditioning	Thursdays – 3/22, 3/29, 4/5, 4/12
	Week off – Monday, April 16th – Friday, April 20th	

Beginning April 2018, BIC Specialty Fitness will offer a Balance & Strength Basics class.

This 45-minute exercise class includes both balance and strength exercises. Using resistance bands, fitness balls and free weights, strength exercises are performed to challenge the major muscle groups of the body. Balance and coordination exercises will be performed to increase body awareness and build confidence in movement. Combined the exercises promote good posture, ease of movement and well-being.

Cost: Balance & Strength Basics classes will be conducted on a punch-card system. Each card has 10 - \$10 punches/\$100 and is valid for 3 months. Drop-in rate will be \$15. More information soon to follow.