



## **LIQUID 2 LAND : SOAC TRAINING & ADVENTURE PRIVATE COACHING BY BETH ZAGURSKI**

Beth is a professional Holistic Fitness Coach with 30 years experience in the health, wellness, and fitness industry. She has coached a variety of clients with 10,000+ hours of private coaching, 15,000+ hours of group coaching, and 1,500 hours educating yoga teachers, and 1,000 hours of health and wellness lecturing. Beth has experience as a group exercise leader, personal trainer, health and lifestyle coach, 500 RYT yoga teacher, and owner of Body Archaeology Fitness. She is NASM and PN Level 1 certified, ELDOA Level 1/ 2 and Yoga Alliance Certified yoga teacher.

Her certifications in personal training, nutrition coaching, yoga and restorative exercise translate into creating lifestyle strategies that lead to success in all of areas of life. No matter what you want in life, Beth can help you create the physical and mental foundation to support your success.

### **ALL SESSIONS 45-60 MINUTES**

\$75/single session

4 Session Package: \$280

8 Session Package: \$520

12 Session Package: \$720

### **SUP TRAINING & FITNESS**

Specifically train for stand-up paddle boarding by incorporating balance, hip, and back exercises into your routine. Paddle with confidence and efficiency by learning and perfecting paddle technique and form on and off the board. Training takes place at the pool.

### **RECHARGE & RECOVER**

Get stronger, faster, and go longer by learning how to rest, recover and restore. In just one session per week you can feel better and perform better. Myofascial release (foam rolling, self massage), special stretching techniques, yoga breathing and spine/posture alignment exercises are all you need to take your current strength training to the next level.

### **WATER EXERCISE**

Exercise for EVERYbody. Osteoarthritis, neuropathy, fibromyalgia and other conditions do not have to stop you from moving your body! This personal training takes place in the pool and is customized to your condition. Benefits include more mobility, increased flexibility, greater strength and less pain. Doctor's release required for some conditions.

### **HOLISTIC HEALTH & LIFESTYLE COACHING**

Be in the body you want, whether it involves losing weight, increasing energy or toning up. Get expert guidance on nutrition, exercise, mindset, and stress management that will help you reach your goals successfully in or out of the gym. Beth has worked with multiple clients from all walks of life over the course of 30 years. More experience = reaching your goals!

### **PRIVATE YOGA COACHING**

Create your own yoga practice based on your physical, mental and emotional needs. Learn how to make poses fit your body instead of your body fitting the pose. Work toward more challenging poses like arm balances and binds. Beth has over 15 years teaching yoga as well as 4 years experience certifying yoga teachers.

**For more information on L2L Training, email [beth@southernoaksbr.com](mailto:beth@southernoaksbr.com) or visit [SOACITUP.COM/LIQUID-2-LAND](http://SOACITUP.COM/LIQUID-2-LAND).  
To schedule a SOAC Membership Tour, email [claire@southernoaksbr.com](mailto:claire@southernoaksbr.com).**

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