

# BUDDIES IN TRAINING

Session 1: June 7–July 2

Session II: July 5–30



Looking for a fun way to switch up your workout? Find 2 other friends and sign up for Buddies in Training with Jenna Asher to achieve your fitness goals! In this 4 week training program Jenna will take your group of 3 people through a challenging 60 minute workout incorporating stability balls, coreboards, TRX and more! Simply pick a time that your group would like to train and save over \$40 on standard group training costs! Add another person to your group and save even more! Talk with Jenna Asher in fitness to reserve your time slot.

By Appointment. 4 weeks, 4 sessions.

Member: \$99, Non-Member: \$119.