

\$99

4 week series

WAVERLEY OAKS ATHLETIC CLUB

Make Time for Fitness/Resolution Check-In

2020 Goals

1. **Demos:**
2. **Sat 2/8**
3. **11:00am**
4. **Mon 2/10**
4. **6:15pm**

Surveys show that 60% of health and fitness resolutions are broken after 6-8 weeks. How well have you stuck to your 2020 New Year resolutions? Do you feel overwhelmed with fitness guidelines and recommendations? Get back on board and learn what your fitness each week can look like! We will cover one element each week of frequency, intensity, mode, and duration, to being to see a clear way to alter your fitness plan. After four sessions, you will have a complete well-rounded weekly workout regimen and feel more comfortable incorporating all the elements to your program!

email KelseyO@waverleyoaks.com

Dates and times of 4 week program that will run after demos:

Saturdays 11am: 2/22, 2/29, 3/7, 3/14

Mondays 6:15pm: 2/24, 3/2, 3/9, 3/16

-Kelsey CPT

