

# SPRING INTO TRAINING



Email: [Terim@waverleyoaks.com](mailto:Terim@waverleyoaks.com)

**TUESDAYS 8:30am - 9:30am**

**Complimentary Demo 3/26**

**Session Dates: 4/2, 4/9, 4/23**

**4/30, 5/7 and 5/14**

**THURSDAYS 9am - 10am**

**Complimentary Demo 3/28**

**Session Dates: 4/4, 4/11, 4/25**

**5/2, 5/9 and 5/16**

**Six week conditioning program With Teri**

**5 Sessions \$225**

Good weather brings opportunity to enjoy outdoor activities. The focus of this 6 week series will be to improve your leg strength for hiking and biking. Core strength for tennis and golf. Arm and back strength for swimming. Improve your cardiovascular endurance and gain confidence in your abilities while working in a supportive and fun group environment. There are two groups to choose from or sign up for both!!



**WAVERLEY OAKS**  
ATHLETIC CLUB