

Calling All Teen Girls! Are You Ready to Join the

Body Squad?

4 weeks to super shape for teen girls!!

Get in shape while having a blast working out with a small group of girls your age. We'll focus on full body strength and toning exercises while keeping your heart rate up! You'll also learn how to fuel your body properly through targeted nutrition information presented by a Registered Dietitian.

Join Premier Personal Trainer, **Jennie Hendricks** and Master Personal Trainer, **Amy Peck**, also a nutrition professional specializing in adolescent girls.

Open to all girls 13-18 years old

Groups will meet

Tuesday and Thursday

from **4:30-5:30PM**

Sessions begin September 29

Four Week Program (8 Sessions)



New Schedule and Price!

Inquire about our great savings on our drop in rate!

For Fees and further information, see flyer rack or contact

Jennie Hendricks:

jhendricks@sawmillclub.com or 914-241-0797 x 3229

Or **Amy Peck**

apeck@sawmillclub.com or 914-241-0797-3208

Sessions run every 4 weeks.

