

Jen's Personal Training & Fitness
@ Buckeye Gymnastics
www.buckeyegymnastics.com
(614) 793-1936

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Pilates & Yoga Combo 9:45 – 10:30 Tite-N-Trim 10:45–11:30 Dance Aerobics 11:45–12:30	Body by Jen 9:45-10:30 Fitness Infusion 10:45-11:30 Dance Aerobics 6:30-7:15 Pilates & Yoga Combo 7:30-8:15	Pilates & Yoga Combo 9:45 – 10:30 Tite-N-Trim 10:45–11:30 Dance Aerobics 11:45–12:30	Body by Jen 9:45-10:30 Fitness Infusion 10:45-11:30 Dance Aerobics 6:30-7:15 Pilates & Yoga Combo 7:30-8:15	Pilates & Yoga Combo 9:45 – 10:30 Tite-N-Trim 10:45–11:30 Dance Aerobics 11:45–12:30	Women's Fit Camp 9:00-11:00 \$40.00 Not included in the Fitness Pass Contact Jen for scheduling information (offered twice a month)

**Daytime Classes will be held in our Cheer (south) building.
 Evening Classes will be held in the Gymnastics (north) building. Evening class size is limited. First come, first**

Buckeye Gymnastics is excited to add Jen's Personal Training and Fitness to our classes at Buckeye Gymnastics, Powell. Jen will be offering a mixture of Group Fitness classes designed to fit everyone's needs. She will be offering

Free Classes the week of August 29th - September 2nd.

Try one or all of her great fitness classes and see which one works best for you.

Jen will offer a 4-week Fitness Pass for \$80.00. Your fitness pass will allow you to attend any eight classes of your choice during the designated four weeks. Want to work out more than twice a week? No problem, just purchase an additional pass. Sign up for our automatic tuition plan and your pass will be renewed every four weeks. A Buckeye Gymnastics Registration form and Family Membership fee is required for all participants.

Save 50%

Save 50% on 4 weeks (8 classes) of Group Classes or Personal Fitness Sessions at Jen's Personal Training and Fitness at Powell. Family Membership at Buckeye Gymnastics required. This coupon can also be used with the SAVE \$25 on the Family Membership Coupon for new families. Offer Expires: October 1, 2011

Save \$25

On the Family Registration Fee at Buckeye Gymnastics. The Family Registration Fee is due for all families and all programs at Buckeye. Offer good for new families only. This offer can be combined with the 50% off coupons for Fitness found above. Offer Expires: September 5, 2011