

# Mom Squad

## SUMMER SESSION



**An eight-week program to create  
a healthier you!**

### ***Why join the Mom Squad!***

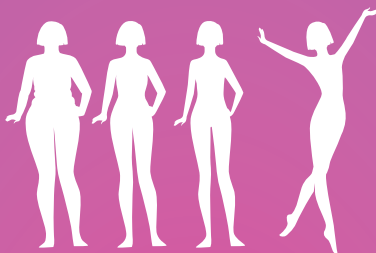
- Great outlet for reducing stress and anxiety
- Increase your energy throughout the day
- Boost your metabolism and burn calories
- Improve sleeping habits
- Regulate or improve your blood pressure
- Decrease chronic pain in your back, knees, etc.
- Increase bone strength

**Available at both locations**

**July 14 - September 7**

[jccstl.org](http://jccstl.org)





# Get fit, stay healthy, and inspire your kids to get active!

## What can Mom Squad do for you?

### ***Fitness***

- Strength training 2-3 times per week
- Group exercise class once a week
- Stretching class once a week



### ***Nutrition (videos)***

- *Macros: What Are They? How Can I Track Them?*
- *Using Nutrition to Maintain My Hard Work*



## Training Schedule

SFC	Mon, Tue, Wed	9:30am
	Tue & Thu	5:30pm
Fox	Mon & Wed	4:30pm
		5:30pm
	Sat	9am
		11am

## Group Exercise

Trainers will work with all participants to find one cardio and one flexibility class to fit their schedule.

## Meet your trainers



Elgin Johnson  
SFC



Shir Barzilay  
Fox

## Contacts

SFC	314.442.3141
Fox	314.442.3147

