

DAD BOD to RAD BOD

SUMMER SESSION



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

Why strive for a 'rad bod'...

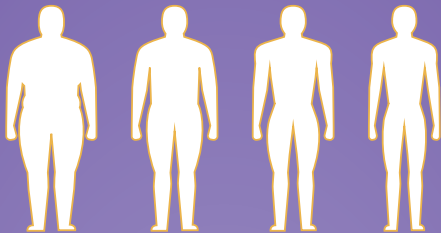
- Increase energy in everyday activities
- Continue to burn calories in and out of the gym
- Improve sleeping habits
- Reduce risk of chronic diseases
- Improve blood pressure and lower stress levels
- Decrease chronic pain in your back, knees, etc.

Available at both locations

July 14 - September 7

jccstl.org





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

How do you achieve a Rad Bod?

Fitness

- Strength train 2-3 times per week
- Cardio group exercise class once a week
- Stretching class 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	5:30pm	John
	Wed	5pm	Elgin
	Sat	10am	Elgin
Fox	Tue & Thu	5:30pm	
		6:30pm	
	Sat	10am	

Group Exercise

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

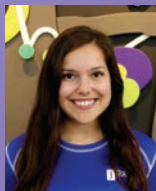
Meet Your Trainers



Elgin Johnson
SFC



John Slay
SFC



Shir Barzilay
Fox

Questions?

SFC 314.442.3141
 Fox 314.442.3147

