



Jen Allan Fitness

Moms' Fit Club - 2018

Details: This is a 30-minute class incorporating cardiovascular drills, strength training, core, balance, and flexibility. This program is for beginners through intermediate, but advanced exercisers are welcomed too. Men and young adults are welcomed too! Modifications will be demonstrated to either ramp up or ramp down exercises to meet your fitness needs.

Dates: 6-4, 6-11, 6-18, 6-25, 7-2, 7-9, 7-16, 7-23, & 7-30.

Time: 10:00 to 10:30am (following Kid Fit from 9:30am to 10:00am)

Where: Creekside Park in Pleasanton - 5601 W. Las Positas Blvd

Cost: Classes use prepaid class cards, which are used like punch Cards, so you pay when you participate.

 \$45 = 4 classes,

 \$80 = 8 classes,

 \$115 = 12 classes.

Cards can also be used for Kid Fit, so you can share the card with your kids or use at any other 30 minute class Jen teaches.

How is this program special? At the beginning of the program, you'll have your weight, BMI, and body fat% measured. You'll receive a work out ideas sheet so you can start incorporating fitness into your lifestyle.

Interested? Have questions? Contact Jen at 925-699-7725 or visit jen@jenallanfitness.com