



# Beach Body Ready

Let us teach you how to get beach body ready! This program is specifically designed to boost your metabolism, burn calories, melt fat, create lean muscle and ultimately lose weight. Our personal trainer will help you achieve your individual goals. Research states training in smaller groups gives you better results!

**Tuesday**

**April 10 - June 12**

**6:30 - 7:30 pm**

**Code: 411435-01**

**or**

**Thursday**

**April 12 - June 14**

**6:30 - 7:30 pm**

**Code: 411435-02**

**\$120 M/\$156 RNM/\$164 NRNM**

**Instructor: Debra Saper**

**Ages 16 years and up**



**FITNESS CENTER**  
At the Buffalo Grove Park District

