



B.Y.O.B.

“Bring your own buddy”

Free Teen Fitness Program

Sign up with a buddy . . . or
get connected at the Center!

get started

stay healthy

get motivated

give support

feel strong

get fit

feel good

be supported

But don't trust us, check it out for yourself!

- *Learn how easy it is to include fitness into your schedule*
- *Have fun while building healthy habits*
- *Do something good for yourself and a “buddy” at the same time*
- *Increase your energy levels*

For details call 528-2810 x37

or stop in at the Fitness Office at Berkshire South

Each “buddy team” achieving program requirements successfully will receive a **free* one year membership to Berkshire South**. Join cardio & strength-building classes strictly for BYOB teams led by expert fitness instructors. Take advantage of all the Center has to offer, from pickup soccer or basketball games, to a New Year's semi formal dance.