



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.