



[www.jerseyelitetraining.com](http://www.jerseyelitetraining.com)

In addition to Soccer, Lacrosse, Baseball and Strength and Agility Training....we now offer Personal Training for Adults and Kids.



**Jen Besler** is a Certified Personal Trainer thru the National Academy of Sports Medicine (NASM) since 2005.

**Jerry Dohn** is a Certified Personal Trainer thru the International Sports Science Association (ISSA) and is currently studying for the Certification of Fitness Therapy.



We will be running a class where Parents and Kids can work out together this summer! The program will include aerobic fitness, strength training, balance and coordination, and agility. It is a 4 week, 12 session long program designed to jump start your fitness program and/or prepare your child for the demands of the fall sports season. Kids must be 12 years of age or older. **If you are interested but cannot make all 4 weeks, please contact us and we can negotiate a prorated cost.**

### Summer Fitness Program

Mondays, Wednesdays and Fridays from July 20-Aug. 14

Robbinsville Community Park

6 pm to 6:45 pm OR 7 pm to 7:45 pm

**Contact:** Jen Besler at [jenbesler@jerseyelitetraining.com](mailto:jenbesler@jerseyelitetraining.com) or by phone at 609-529-5468.

**Detach and return this portion with check, mail to 166 Burnet Crescent Robbinsville NJ 08691:**

*Name of Participant(s):*

*Address:*

*Phone:*

*Cell:*

*Email:*

*Session Attending:*

Pricing Structure - \$200 for the first person, \$100 each additional:

1 Participant \$200, 2 Participants \$300, 3 Participants \$400, 4 Participants \$500