

Bye Bye Baby Belly

with new mom & personal trainer
Jen Bauman



Bye Bye Baby Belly w/ Jen Baumann

Mon. & Wed. 9:00 – 10:00 a.m.,

June 21-July 28

Workout with new mom and personal trainer Jen Bauman, as you work together to lose inches and weight around your baby belly.

Whether you're a new mom or a veteran, this program will challenge your body and burn calories to help you achieve your postpartum fitness goals.

Cardio, strength, and nutrition will all be included.

Includes a fitness test to measure pre/post results.

6 weeks, 12 sessions, \$159 member, \$199 non-member



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