

Friends that Sweat Together, Stay Together!

Studies from Brown University show that working out in a group setting, or with a friend, can help manage weight loss and motivate routine exercising. The mutual dependence of having a friend to workout with will keep you both fit and make the experience more fun!



Buddy Promotions

Every **Friday**, for the month of **August**, will be **Free Fitness Fridays!** Guests that come into the Hunterdon Health and Wellness Centers with or without a member will be able to work out for **free**.

Special joining incentives will be offered to guests who sign up for a membership during the month of August! Please see flyer for details.

While this promotion is going on, feel free to participate in the **Buddy Bingo Challenge** with your guest! All participants will receive **prizes** for completing the challenge!

Fitness challenge will run through the month of August.

50+ ball toss sit-ups (w partner)	1 new group workout class	30 minutes strength training	3 new cable workouts	50+ medicine ball toss & squats (w partner)
15 minute partner stretch session	Buddy check-in! Keeping up with your goals?	30 minutes of cycling	50+ high five sit-ups (w partner)	30+ triceps kickbacks
30 minutes walking the track	25+ high five push-ups (w partner)	FREE	1 new group workout class	Buddy check-in! Keeping up with your goals?
1 new group workout class	30 minutes on the elliptical	3x 30 seconds of mountain climbers	30 minutes strength training	30-60 seconds plank
30-60 minute plank	3 new cable workouts	30 minutes strength training	Buddy check-in! Keeping up with your goals?	15 minute partner stretch session