

# Personal Training Ab Jam Session

*This mat class is designed to define your core, along with strength and conditioning training. Let's get together to strengthen those abs for longevity of basic lifestyle living.*

- When:** 5:30-6AM (Mon., Wed., Fri.) First session FREE in April.
- What:** Group session of 3+ people
- Investment:** \$250/person. Session is 10 classes.
- Contact:** Sherri Dean, [SherriD@TENandFiT.com](mailto:SherriD@TENandFiT.com)



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*Sherri Dean has a passion for helping others find their full potential in health and wellness. Sherri enjoys working with middle-aged women seeking to find a healthy weight management program for overall physical, mental and spiritual balance. Functional training, strength and core are key to longevity. She received her certification from the International Sports and Sciences Association (ISSA) in December 2015.*

