

BEFITNJ

FIT HAPPENS HERE

555 LACEY ROAD • FORKED RIVER • 609.489.3300

SEPTEMBER 4 - DECEMBER 31, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM - 6AM 6AM - 6:45AM  (Cheryl)	5:15AM - 6AM 6AM - 6:45AM  (Cheryl)	5:15AM - 6AM 6AM - 6:45AM  (Cheryl)	5:15AM - 6AM 6AM - 6:45AM  (Cheryl)	5:15AM - 6AM  (Cheryl) 6AM - 6:45AM  (Cheryl)	6AM - 6:45AM  (Cheryl)	MEET AT 6AM  ALL LEVELS WELCOME! INCREASE MILEAGE, SPEED OR BEGIN AS A NEW RUNNER/WALKER.
8:30AM - 9AM  (Cheryl)	6AM  (Guy) 3.1 Miles Meet at Studio	8:30AM - 9AM  (Cheryl)	6AM  (Guy) 3.1 Miles Meet at Studio	8:30AM - 9AM  (Cheryl)	7AM - 8AM  (Rachel)	JOIN RUNMAFIA TEXT ALERTS WWW.REMIND.COM/JOIN/BFJ
9AM - 10AM  (Cheryl)	LIGHTS ARE MANDATORY IN DARK. RUN LIT! BE SEEN. RUN SAFE. www.noxxgear.com www.gorunlites.com Use Coupon Code: BEFITNJ	9AM - 10AM  (Cheryl)	LIGHTS ARE A SAFETY MUST TO JOIN. RUN LIT! BE SEEN. RUN SAFE. www.noxxgear.com www.gorunlites.com Use Coupon Code: BEFITNJ	9AM - 10AM  (Cheryl)	7AM - 8AM OUTDOOR TRAVEL *BOOTCAMP* Meet at Studio. Dress for Weather. Wear lights if dark. Train to be epic. (Cheryl)	8AM - 9AM  (Stacey)
 5PM - 5:45PM  (Katie)	 (Cheryl) 9:15AM - 10AM  (Cheryl)	BE FIT NJ 6 WEEK TRANSFORMATION CHALLENGE FAST RESULTS FOR MOTIVATED PEOPLE! SEE BACK FOR MORE DETAILS!	 (Cheryl) 9:15AM - 10AM  (Cheryl)	10AM - 10:45AM  (Cheryl)	8AM - 9AM  (Cheryl)	9AM - 9:45AM  (Stacey)
6PM - 7PM  (Stacey)	5:15PM - 6PM  (Cheryl) 6PM - 7PM  (Cheryl)	5PM - 5:45PM  (Katie) 6PM - 7PM  (Katie)	5:15PM - 6PM  (Katie/Cheryl) 6PM - 6:45PM  (Cheryl/Rachel)		9:30AM - 10:15AM  (Katie)	
7PM - 7:45PM  (Stacey)	7PM - 7:45PM  (Rachel)	 (Rachel)	7PM - 7:45PM  (Rachel)	REGISTER & CHECK-IN TO CLASSES ONLINE BEFITNJ.ZENPLANNER.COM Call/text 609-489-3300 with questions. Cash/Venmo/Check/CC (No AMEX)		
			NEVER MISS A STUDIO UPDATE JOIN BE FIT NJ TEXT ALERTS: WWW.REMIND.COM/JOIN/BEFITNJ			LOSE UP TO 25 POUNDS IN 42 DAYS AND KEEP IT OFF! Customized Meal Plans, Grocery Shop Lists, Online Support & Motivation. Join the BEFITNJ 6 Week Challenge Virtual & IN house challengers accepted! TEXT 609.489.3300 for info!

BE-FIT NJ RUNMAFIA: Start a new adventure in your life with our all level run club. It's casual and non structured but will push you to accomplish much more than going it alone. We started not being able to run down the block and are now able to conquer marathons together and you will too if you join us. Whatever your fitness goals this club will help you achieve them. You run at your own pace and no you will not slow anyone down. You got this!

★ **JOIN RUNMAFIA ALERTS:** www.remind.com/join/bfnj

GET LIT! BE SEEN. RUN SAFE: www.noxgear.com / www.gorunlites.com / Coupon code BEFITNJ

GUNZ: A 30 minute upper body assassination focused on giving you the sleeveless lean muscle arms of your dreams. Also targets shoulders, chest, back and abdominal muscles.

KETTLEBELL, CORE & CARDIO (45 min.)

Designed to kick your fitness goals into high gear! Ignite your metabolism, challenge your endurance and strength. Master the skill of using your entire body to move Kettlebell weight. Non stop heart pumping session that melts body fat while increasing overall strength.

MMA BOOTCAMP: Scorching circuits using MMA technique, cardio kickboxing drills, and strength/stability training. All levels welcome.

PILATES MAT ALL LEVELS: Begin or deepen your Pilate Practice. You will tone, gain strength, flexibility, improve breathing, alignment, posture and strengthen abdominal and back muscles resulting in a longer leaner look.

RISE-N-GRIND BOOTCAMP: Get Ready It's a New Day to whip your butt into shape and have endless energy and motivation to conquer your day. An invigorating 45 minute mix of cardio and strength drills to maximize fat shred and break plateaus.

RISE-N-RUN 5K RUNMAFIA: Held ALL YEAR LONG in all weather. Dress according to temp./season/element. Meet at studio every Tues. & Thur. at 6am for 5K (3.1 miles). Early morning runs invigorate your heart & soul and kick the day off with a positive vibe. Rain won't melt you. Light snow won't freeze you. Dress for the element and you will rock your run. In unsafe conditions training will be cancelled.

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SHRED BOOTCAMP: An ever changing, fat shredding, calorie crushing total body workout that combines a mix of cardio, circuits and cross training. Never get bored, never plateau.

TABATA BOOTCAMP: 1 hour session broken down into 4 minute circuits. Each 4 min circuit has 8 rounds of a 20 second high intensity exercise followed by 10 seconds of active rest. Push your body to its absolute limit while crushing calories and working your entire body.

OUTDOOR TRAVEL BOOTCAMP: BREAK FREE OF YOUR INDOOR COMFORT ZONE and get into the best shape of your life w/outdoor travel BC. It's the perfect blend of cardio and strength training drills to torch calories and rev up your metabolism all day long! Held outdoor in all weather/except storms. Dress accordingly. Wear lights if dark. Try this class!

ZUMBA TONING: Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove.

★ **KIDS BIRTHDAY PARTIES:**

DANCE/FIT FUN PARTY \$150 - \$200 | CHARACTER/PRINCESS PARTY \$250 & Up
PAINT ANYTHING REQUESTED PARTY \$250 | MAGICIAN PARTY \$349
Text/Call 609.489.3300 for for info. or email cheryl@befitnj.com

★ **CHECK IN. DO GOOD. PAY KINDNESS FORWARD.**

Did you know? BFNJ makes a donation to a great cause every time a fitfam member checks into our location. Every check into Be Fit NJ via FB and/or Instagram = a donation to the charity of the month. You simply add #befitnj and the charity # of the month to your check in posts. For fun can add a workout selfie, your cat/dog, etc. or just check in. Every month there is a new charity # so sign up for studio alerts, like our FB and/or Instagram page to find out what it is. We also always display the charity all month long on our doors and inside of our location. Check in. Do Good. Pay kindness forward.



Like us
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facebook.com/BEFITNJ



Follow us on
Instagram
BEFITNJLLC

ALL FITNESS LEVELS ARE WELCOME

Must register for all sessions at:

BEFITNJ.ZENPLANNER.COM

Modifications can be made to accommodate your fitness level.

Small class size decreases intimidation and increases results.

No Strangers here, just awesome fitness friends you haven't met yet.

No hassles, No registration fees. Join and self pay online via befitnj.zenplanner.com w/Credit Card or EFT (bank account) OR pay with CASH/CHECK at studio.

MEMBERSHIP:

- Single Session Drop-in: **\$15**
- 1-Week Unlimited: **\$39**
- 8 Session Pack: **\$96**
- 1-Month Unlimited: **\$149**
- 3-Month Unlimited: **\$139/month**
- 6-Month Unlimited: **\$129/month**
- 12-Month Unlimited: **\$119/month**
- High School/College Student Rate: **\$129/month**
- Personal Training: **Available** Text 609.489.3300 to discuss your individual needs

No refunds. We believe once you commit our mission is to help you achieve your goals. We have eliminated your opt out with the exception of a medical or vacation temporary hold. 8 Pack **EXPIRES** after 3 months. Please note all 3, 6 & 12 month memberships **MUST** have a monthly auto pay cc or bank EFT on file for monthly auto deduct OR you can pay total membership via cash/check upon enrollment and receive 5% discount.

UPON ARRIVAL, PLEASE LOG INTO YOUR PHONE APP AND CHECK-IN TO TRACK ATTENDANCE ACCURATELY

If you have any log in issues call ZenPlanner directly at 866.541.3570. Account name is Be Fit NJ, then give your name.

BE FIT NJ 6 WEEK TRANSFORMATION CHALLENGE FAST RESULTS FOR MOTIVATED PEOPLE!

If you have gotten to the point where enough is enough this is for you. Lose up to 25 lbs and/or shred up to 6% body fat in ONLY 6 weeks. If you never challenge yourself, you will never change yourself. Join this challenge and change your life!

What You Get:

- Personal Custom Meal Plan to eliminate guesswork
- Personal Grocery List to save time and money
- Personal Food Prep Instructions
- 42 Done-For-You Recipes to follow for the 6 weeks so you never have to ask yourself "What am I going to make tonight?"
- 3 Cutting Edge Workouts **3X PER WEEK** designed to tone your body, jumpstart your metabolism and give you energy
- Personal Accountability Coach
- World Class Online Support Group with 24hrs accountability
- And much much more

Get Started:

TEXT 609.489.3300 to start your transformation challenge. A whole new new body from the inside out is ONLY 42 days away!

Discounts for existing members!

WE VALUE YOUR OPINION.

Text or Email us with suggestions, comments or feedback.
609.489.3300 • Email: Cheryl@befitnj.com
555 Lacey Road, Forked River, NJ • www.befitnj.com

THANK YOU FOR CHOOSING BE FIT NJ!