

**P** *artners*

**A** *dventure*

**C** *amp*

**T** *raining*



must sign up as a couple

**\$96<sub>pp</sub>**  
member

**\$120<sub>pp</sub>**  
non-member

**Aug 30 - Sept 27**

skips labor day Sept 6th

4 weeks, 2x/wk

**Mon @ 7pm**  
multisport room

**Weds @ 6:30pm**  
martial arts room

Join fitness duo, Erin Truslow & Adam Reardon, for a progressive class series focused on partnered exercises and teamwork! Partners will focus on total body fitness, challenges, trivia, and FUN.

Each week the teams will be given a homework assignment that will take them around town asking them to photograph themselves doing an exercise in front of a "clue to be solved" using their cell phone.

Class will build to an "adventure race" finale using all of the mental challenges, exercises, strength gains, cardio fitness procured during class.

**questions?**

email [erin@castlehillfitness.com](mailto:erin@castlehillfitness.com)



*total body workouts*

*trivia + puzzles*

*teamwork exercises*

*Adventure RACE finale!!!*