



# Back in Shape with Jamie

**MONDAYS | 9:30-10:15 AM**

Rebuild your strength, confidence, and community in this energizing workout designed for new moms - led by certified personal trainer and mom of three, Jamie Bandelin.

Cardio + Core Recovery + Strength Training + Safe, Functional Movement  
Each session will leave you feeling stronger and supported.

**Six- 45-minute sessions:**

**\$150/JCC Members \$180/Non-Members**

**For more information contact**

**Jamie Bandelin at [jamiebandelin@gmail.com](mailto:jamiebandelin@gmail.com)**