

FRIENDS FOR FITNESS PROGRAM

A fitness buddy program to help you meet your exercise goals and make friends!

**THIS PROGRAM IS OPEN TO ALL
ADULT EXETER COMMUNITY
MEMBERS!**

Want to stay motivated? Our Friends for Fitness program connects you to a workout buddy who can keep you committed to your fitness goals.



GET FIT WITH A FRIEND!

Here's how our program works:

1. Sign up for the Friends for Fitness program at the Exeter Parks & Recreation Department.
2. Our Staff will get you connected with a workout buddy who has similar interests.
3. Exercise with your new friend!



Signup is absolutely free! Call 603-773-6151 or ask our friendly staff for more details. Visit us online at www.exeternh.gov

