

WESTON PARKS & RECREATION DEPT.
Tel. 222-2655 Mail: P.O. Box 1184
Hours: 9:00 a.m. - 12:30 p.m. - 1:30 p.m. - 4:30 p.m.
LOCATION: 47 NORFIELD ROAD (RT. 57 & NORFIELD RD.)
www.westonct.gov

5 Day Burn



Monday, August 22 - Friday, August 26

9:45-10:45 at the Admin Basketball Courts. Park in lot across from Board of Education.

Cost: \$125 Registration Begins Monday 7/19 online at register.westonct.gov or in the Recreation office at 9:30 a.m.

Get rid of all the summer guilt with this 5 day burn. Starting on Mon Aug 22-26, Cyrece will have you sweating off the extra calories with a different exercise focus each day, along with sage nutrition advice. Lose a few before Fall arrives!

you must commit to the full five classes for maximum benefit.

Participants should bring plenty of water, a towel and a mat.