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# Adult Programs

Registration: Online: 3/20 12:01 A.M.  
Walk in & Non-Residents 3/21 9:30 A.M.

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## “Hit it” Cardio Kickboxing

Get some serious sweat on with our boxing and kickboxing-class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any experience level welcome.

\*Limited amount of gloves to borrow, we recommend having your own along with a towel, mat and plenty of water. \*\*Drop in space limited for \$30/class, please contact instructor to ensure availability.

7-8 P.M. Wednesday: 4/19- 5/31

Sr. Center All Purpose Room

Fee: \$175 for 7 classes

Instructor: Cyrece Lehrman

\*\*Drop in space limited for \$30/class, please contact instructor to ensure availability\*\*

Instructor: Cyrece Lehrman

## Cardio Chisel

It's all in a name....this workout is designed to be a total body boost! We leave no muscle untouched. Alternating between blasts of cardio and toning exercises, you will feel the burn long after the hour is up. Many exercises can be modified to suit the “bad back or tight hamstrings”. Please bring a towel, water and a mat. Class is OUTSIDE please dress accordingly.

8:00-9:00 A.M. Tues: 4/18- 5/30

8:00-9:00 A.M. Thurs.:4/20-6/1

Admin Basketball Court

Fee: Single Day Tuesday OR Thursday (7 classes) \$175

2 Days Tuesday & Thursday (14 Classes)  
\$300

\*\*Drop in space limited for \$30/class, please contact instructor to ensure availability\*\*

Instructor: Cyrece Lehrman

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## \*\*NEW\*\* Fit Pack Bundle

**21 days of body blasting, fitness fury! 2 free classes!**

**Hit it & Cardio Chisel (Tuesday, Wednesday, Thursday) -\$475**

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**Register Early!**  
**Many classes fill quickly!**  
[www.westonct.gov](http://www.westonct.gov)

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