

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. -
LOCATION: 47 NORFIELD ROAD (CORNER OF RT. 57 & NORFIELD RD.) www.westonct.gov

Summer Fit



Tuesdays 6/21- 7/26 (Rain Plan: WMS Cafeteria)

9:30-10:30 at the Weston High School Track

Cost: \$150 Registration Begins Monday 6/13 online at register.westonct.gov or in the Recreation office at 9:30

What to expect:

Cyrece Lehrman, known by many in town, has been a fitness instructor and trainer for over 20 years. This summer she will take you outside for a different workout each week. Running bleachers, sprints on the track, weights, jump ropes, exercise bands, battle ropes and much more!!! Drop your kiddos at camp and come join the fun!! Any fitness level welcome, please bring a water, towel and yoga mat.