

GET FIT WITH COACH FITZ

SPRING IS HERE RID YOURSELF OF THE WINTER BLUES

Starting Tuesday 30th April running once a week, Coach Fitzsimmons will be running an 8-week fitness program for any adult who wants to increase their energy levels, get in shape and improve their levels of fitness.

By using interval training methodology, my aim is to increase metabolism, strengthen and tone muscles, improve cardio conditioning, build stronger bodies, and also increase speed and agility, all within a safe and supportive environment. With small, consistent effort, you'll see improvement in your body's strength, flexibility, balance and ability and appearance, as well as greater resistance to injury. These classes are also a great way to build physical and mental confidence as well as meeting new people in a group environment, which is much more fun and more productive.

IMPORTANT: This class is for any level of fitness so all are welcome! I will give options and modifications so you can go at your own pace and be able to pay attention to your own body.

You don't need to be fit or flexible to participate.

Program

- Starts Tuesday April 30th – June 18th
- 1 day a week (Tuesdays)
- South House (Senior Centre Hurlbutt School Weston)
- 7.30pm-8.30pm

COST

- 8 sessions \$200

[Any questions please call Kevin Fitzsimmons at 203-525-3529](#)

To register please visit Weston's Town website and click on Parks and Recreation programs.

Hard work and sweat is guaranteed in these classes, so please dress appropriately and bring plenty of water a towel and if possible a yoga or exercise mat.