

New to fitness or our facility? Try **STARTING STRONG!!!**

A member only benefit bought to you by the Mansfield Community Center.
For an appointment—stop at the reception desk or call 860.429.3015, ext. 0



STEP 1: Sign up for your Complimentary Fitness Sessions when you join to start your membership strong! You will get an introduction to the equipment and speak one-on-one with a Fitness Assistant about your goals at the MCC, go through a sample workout and fill out a Fitness Questionnaire. Earn one complimentary fitness class drop-in at the end of your session!

Don't Forget!
Anytime you have any questions about our
equipment you can ask a fitness assistant.
No Appointment Necessary!

STEP 2: After your first Fitness Session make an appointment to meet with a Fitness Assistant to go over the results of your questionnaire. Review your goals and discuss and try a second sample workout. You can use this time to ask any questions about machines or exercises. Earn your second complimentary class drop-in, \$5 in Reward Points, PLUS 10% off a package of three Personal Training visits at the end of your session!



Mansfield Community Center

Family, Fitness & Fun!