

Personal Trainers



Jerry Kleinman
860-617-1161



Mandy Ivory
860-933-4852



Jessica Tracy
860-429-3015



Jodi Farno
860-966-0594

Personal Training Packages

Body Composition Testing

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

2-30 minute sessions - \$60 (initial measurement and 6-week follow-up)

Functional Movement Screen

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

2-30 minute sessions - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

Sign up for a 4 visit package (initial measurement, exercise, follow-up, re-test) \$99

Nutrition Counseling

Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

2- 30 minute sessions - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take)

Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours. This class is mandatory for use of the fitness center by this age group.

- Instructor:** Mansfield Community Center Personal Trainers
Day: **170090-A**, Friday, July 17
170090-B, Saturday, August 15
Time: 5-6:30 p.m.
Fee: \$10 per youth/parent pair – members only



Youth Fitness – Cardiovascular

Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower and indoor track) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth and parent must check in with Fitness Assistant upon arriving on the fitness floor. Only cardiovascular equipment may be used, unless Youth Resistance Training Class has been completed. Orientation to cardiovascular equipment is not mandatory, but strongly suggested. Please ask for help from our Fitness Assistants.

Days: Fri., 4 - 9 p.m.; Sat., 3 - 8 p.m.; Sun., 3 - 8 p.m.
Fee: FREE! – Members only!



“Free Weights vs. Machines, Pro and Cons”

This informative seminar will highlight some important points about the differences in using free weights or weight machines.

Instructor: Jerry Kleinman
Location: CC Community room
Day: Tues., July 14
Time: 5:30-6:30 p.m.
Session: 170091-A
Fee: Free to members/\$10 for non-members



Nutrition 101

Are you confused by what is “healthy eating” today? Do you look at food labels and need some help to decipher them. Come to this seminar, bring your own lunch and learn how to improve your own nutrition.

Instructor: Jessica Tracy
Location: Community Room
Date: Tues., Aug. 4th
Time: 12-1 p.m.
Fee: FREE for members, \$10 for non-members
Activity #: 170091-B



...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

- Rehabilitative Needs
- Weight Loss
- Specific Athletic Conditioning
- Challenging Your Fitness Routine
- Motivation
- Group Training



FITNESS SCHEDULE SUMMER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 170012-B1, \$20/\$40 4 classes 170012-B2, \$15/\$30 3 classes, no 8/11, 8/18 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 170012-C1, \$20/\$40 4 classes 170012-C2, \$15/\$30 3 classes, no 8/13, 8/20 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	Boot Camp 7-7:45 a.m. 170012-D1, \$15/\$30 3 classes, no 7/4 170012-D2, \$25/\$50 5 classes Instructor: TBA	Sunrise Yoga 8:30-9:30 a.m. ☺ 170024-A1, \$26/\$52 4 classes 170024-A2, \$33/\$66 5 classes Instructor: TBA
TRX 9-9:30 a.m. ☺ 170076-A1, \$13/\$26 4 classes 170076-A2, \$16/\$32 5 classes Instructor: Jess	Dance Your Yoga Flow 9-10 a.m. ☺ 170061-A1, \$26/\$52 4 classes 170061-A2, \$20/\$40 3 classes, no 7/21, 7/28 Instructor: Kelly		Cardio Barre 9-10 a.m. ☺ 170007-A1, \$16/\$32 3 classes, no 7/9 170007-A2, \$26/\$52 4 classes, no 7/9 Instructor: Donna	Race Ready 9-9:30 a.m. ☺ 170072-A1, \$13/\$26 4 classes 170072-A2, \$16/\$32 5 classes Instructor: Jess	Moderate Yoga 8:30-9:30 a.m. ☺ 170026-A1, \$13/\$26 2 classes, no 7/4, 7/18 170026-A2, \$33/\$66 5 classes Instructor: Deb P.	
Salsa Fit 8:45-9:45 a.m. ☺ 170032-B1, \$26/\$53 4 classes 170032-B2, \$20/\$40 3 classes, no 7/20, 7/27 Instructor: Kelly	Ability in Rythm 10:15-11:15 a.m. ☺ 170011-A1, \$26/\$52 4 classes 170011-A2, \$20/\$40 3 classes, no 7/21, 7/28 Instructor: Kelly	Salsa Fit 8:45-9:45 a.m. ☺ 170032-A1, \$26/\$52 4 classes 170032-A2, \$20/\$40 3 classes, no 7/22, 7/29 Instructor: Kelly	Silver Sneakers Circuit 10-10.45 a.m. ☺ 170008-B1, \$20/\$40 4 classes 170008-B2, \$25/\$50 5 classes Instructor: Mandy			
Water Fitness 10-11 a.m. ☺ 170037-A1, \$20/\$40 4 classes 170037-A2, \$26/\$52 5 classes Instructor: Keri	Silver Sneakers Yoga 10-10:45 a.m. ☺ 170022-B1, \$20/\$40 4 classes 170022-B2, \$20/\$40 4 classes, no 8/18 Instructor: Mandy	Water Fitness 10-11 a.m. ☺ 170037-B1, \$20/\$40 4 classes 170037-B2, \$20/\$40 4 classes, no 8/19 Instructor: Keri	Pilates with Props 10:15-11:15 a.m. ☺ 170028-C1, \$20/\$40 3 classes, no 7/9 170028-C2, \$26/\$52 4 classes, no 7/9 Instructor: Donna	Yin/Yang Yoga 10:30-11:30 a.m. ☺ 170023-A1, \$26/\$52 4 classes 170023-A2, \$33/\$66 5 classes Instructor: Sharon	Ability Fitness 12-12:45 p.m. ☺ 170005-A1, \$15/\$30 3 classes, no 7/4 170005-A2, \$25/\$50 5 classes Instructor: Mandy	
Power Yoga 10-11 a.m. ☺ 170020-A1, \$26/\$52 4 classes 170020-A2, \$26/\$52 4 classes, no 8/3 Instructor: Sarah	Aqua Therapy 10:35-11:20 a.m. T/Th ☺ 170041-A1, \$40/\$80 8 classes 10:45-11:30 a.m. T/Th ☺ 170041-A2, \$50/\$100 10 classes Instructor: Dorinda	Silver Sneakers Classic 10-10:45 a.m. ☺ 170015-B1, \$15/\$30 3 classes, no 7/8 170015-B2, \$20/\$40 4 classes, no 7/29 Instructor: Donna	Aqua Therapy 10:35-11:20 a.m. T/Th ☺ 170041-A1, \$40/\$80 8 classes 10:45-11:30 a.m. T/Th ☺ 170041-A2, \$50/\$100 10 classes Instructor: Dorinda			
Silver Sneakers Classic 10-10:45 a.m. ☺ 170015-A1, \$26/\$52 4 classes, no 7/9 Instructor: Donna	Silver Sneakers Yoga 11-11:45 a.m. ☺ 170022-C1, \$20/\$40 4 classes, no 8/18 Instructor: Mandy	Gentle Yoga 10:30-11:30 a.m. ☺ 170016-A1, \$26/\$52 4 classes, no 7/9 Instructor: Donna	Silver Sneakers Yoga 11-11:45 p.m. ☺ 170023-A1, \$26/\$52 4 classes, no 7/9 Instructor: Sharon			Youth Dance classes 11:45 a.m.-2:10 p.m. See page 10

<p>10:10-11:45 a.m. ☺ 170015-A1, \$20/\$40 4 classes 170015-A2, \$15/\$30 3 classes, no 8/10, 8/17 Instructor: Jerry</p>	<p>170022-C1, \$20/\$40 4 classes 170022-C2, \$20/\$40 4 classes, no 8/18 Instructor: Mandy</p>	<p>170046-A1, \$26/\$52 4 classes 170046-A2, \$33/\$66 5 classes Instructor: Sharon</p>	<p>170022-A1, \$20/\$40 4 classes 170022-A2, \$25/\$50 5 classes Instructor: Mandy</p>
<p>Silver Sneakers Circuit 11-11:45 a.m. ☺ 170008-A1, \$20/\$40 4 classes 170008-A2, \$15/\$30 3 classes, no 8/10, 8/17 Instructor: Jerry</p>	<p>Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th ☺ 170041-B1, \$40/\$80 8 classes 11:35 a.m.-12:20 p.m. T/Th ☺ 170041-B2, \$50/\$100 10 classes Instructor: Dorinda</p>	<p>Silver Sneakers Circuit 11-11:45 a.m. ☺ 170008-C1, \$15/\$30 3 classes, no 7/8 170008-C2, \$20/\$40 4 classes, no 7/29 Instructor: Donna</p>	<p>Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th ☺ 170041-B1, \$40/\$80 8 classes 11:35 a.m.-12:20 p.m. T/Th ☺ 170041-B2, \$50/\$100 10 classes Instructor: Dorinda</p>
<p>Kettlebells 12:15-12:45 p.m. ☺ 170075-B1, \$13/\$26 4 classes 170075-B2, \$16/\$32 5 classes Instructor: Jess</p>		<p>TRX 12:15-12:45 p.m. ☺ 170076-B1, \$13/\$26 4 classes 170076-B2, \$16/\$32 5 classes Instructor: Jess</p>	<p>Functional Strength 5:30-6:30 p.m. ☺ 170076-C1, \$26/\$52 4 classes 170076-C2, \$33/\$66 5 classes Instructor: TBA</p>
<p>Pilates Multi-Level 5-6 p.m. ☺ 170047-A1, \$20/\$40 3 classes, no 7/6 170047-A2, \$33/\$66 5 classes Instructor: Margherita</p>		<p>Sport Fitness For Teens 2:30-3:30 p.m. 170065-A1, \$26/\$52 4 classes 170065-A2, \$33/\$66 5 classes Instructor: TBA</p>	<p>A Taste of Tai Chi & Qigong 6-7:15 p.m. ☺ 170029-A1, \$33/\$66 4 classes 170029-A2, \$41/\$82 5 classes Instructor: George</p>
<p>TRX Pump 5:30-6:30 p.m. ☺ 170073-A1, \$26/\$52 4 classes 170073-A2, \$33/\$66 5 classes Instructor: Mandy</p>		<p>Corefusion 5:20-6:20 p.m. ☺ 170055-A1, \$22/\$44 4 classes Instructor: Dorinda</p>	<p>Continuing Tai Chi 7:30-8:45 p.m. 170030-A1, \$33/\$66 4 classes 170030-A2, \$41/\$82 5 classes Instructor: George</p>
<p>Cardio Kickbox 6:45-7:30 p.m. ☺ 170077-A1, \$20/\$40 4 classes 170077-A2, \$25/\$50 5 classes Instructor: Mandy</p>		<p>Hardcore Bootcamp 6:30-7:15 p.m. ☺ 170012-A1, \$20/\$40 4 classes 170012-A2, \$15/\$30 3 classes, no 8/12, 8/19 Instructor: Jerry</p>	

SUMMER FITNESS CLASSES

Session 1: Monday, June 22- Sunday, July 19

Session 2: Monday, July 20- Sunday, August 23

First fee listed is for MCC Member, second fee is for non-members

See class descriptions on pages 35-37

For help finding the right class for your needs, see page 34

Some no class dates may change which may result in a fee change, please check your receipt for information

KEY

■ Class is in Gym

■ Class is in Community Room

■ Class is in Pool

☺ Childcare available during class



FIND YOUR PERFECT FITNESS CLASS!

Looking to improve flexibility, range of motion or balance?

Dance your yoga flow
Pilates
Tai Chi
Spoga
Barre
Yoga
TRX

Need a gentle class or have mobility issues?

Silver Sneakers Classes
Ability in Rhythm (AIR)
Tai Chi & Qigong
Gentle Yoga

Silver Sneakers classes

Silver Sneakers Classic
Silver Sneakers Circuit
Silver Sneakers Yoga

Fun and Challenging

Kettlebells
Dance Your Yoga Flow
Bootcamp
Salsa Fit
Spoga
Spin
TRX

Prefer a water class?

Water Fitness
Aqua Therapy

Looking for Cardio?

Cardio Kickbox
Kettlebells
Salsa Fit
Spoga
Spin

Build Strength & Endurance with:

Functional Strength
Warrior Training
Kettlebells
Bootcamp
TRX

NEW!

Sport Fitness for Teens
Ability in Rhythm (AIR)
Race Ready

Find Your Perfect Fitness Class! We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!

Class descriptions

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Sport Training for Teens	This class will offer teens a sport specific strength training program to help get them ready for fall or winter sports. Available for students ages 13+ AND entering high school.
Race Ready	Are you training for a race, or just want to look at how you can help your body be stronger and ready to take on your training? This class will explore a different set of techniques each week that you can add to your training to give you that extra edge. We will not be running during this time, except where necessary to look at form or technique.
Spoga	A yoga- spin hybrid class, designed to give you 30 minutes of cardiovascular workout on the spin bike, followed by 30 minutes on the yoga mat. The combination allows you to increase your overall fitness while improving flexibility and core strength.
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Sunrise Yoga	A yoga class designed to start your morning off on the right foot. Class is appropriate for all levels.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Yin/Yang	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
Moderate Yoga	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
Power Yoga	Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga.
Corefusion	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
Pilates Multi-Level	Continue your Pilates practice in this invigorating classical Pilates MAT class and experience what Joseph Pilates had in mind when he designed this method of total body workout. Feel fit for life. Appropriate for all levels, modifications may be made as necessary
Pilates with Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down position. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's care should not attend.
Mat Pilates	Based on the original works of the late Joseph H. Pilates, this program combines the best of both Eastern and Western philosophies and traditions. The practical mat Pilates exercises featured in this course focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength, and flexibility while integrating the concepts of mindfulness, fluidity, and grace.
Cardio Barre	Cardio Barre is a high energy, low impact class that combines barre work to tone and define the lower body, light weights and mini ball to build lean muscle mass and Pilates mat work to strengthen and elongate your body. This total body workout will leave you feeling energized, graceful and strong.

Fitness Center

Class descriptions

CLASS	DESCRIPTION
Silver Sneakers Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know its exercise.
Dance Your Yoga Flow	As a champion ballroom dancer I have created a class blending yoga flow sequences with traditional dance conditioning moves to enhance balance, flexibility and core strength while moving gracefully and beautifully to inspiring music.
Ability in Rhythm	Ability In Rhythm is a dynamic movement class combining dance and drumming. No worries you don't have to be a dancer or drummer. It is fun and easy to follow. Drum sticks and ball drums provided. An AIR class combines simple drumming rhythms with low or high intensity movements to music to create a full mind, body and spirit experience.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
TRX	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
TRX Pump	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.
Cardio Kickbox	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.
Tai Chi First & Qigong	Join us to experience a few introductory lessons in these Chinese martial and health practices. We will work with breathing, stance, and movement to help relieve stress, improve health & mindfulness and give students a better understanding of these wonderful ancient arts.
Continuing Tai Chi	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.

Class descriptions

CLASS	DESCRIPTION
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.
Ability Fitness	<p>For adults and teens with special needs</p> <p>We welcome individuals ages 14 and up to join us for a fun and healthy introduction to two popular fitness classes, Spinning and functional strength. Classes will be modified to meet the special needs of people with cognitive and developmental disabilities. The format will be supportive, fun and welcoming for all! All participants must be pre-registered prior to the first day of class. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. *Please be sure to note any special accommodations or medical alerts on the registration form.</p> <p>Spinning: Individuals with cognitive and developmental disabilities will participate in an introductory exercise program on stationary bicycles called a "spinning bike." This is a cardiovascular based program and program instructors will make modifications to meet the individual needs of the participants as best as possible.</p> <p>Functional Strength: Individuals with cognitive and developmental disabilities will participate in an introductory exercise program using small hand weights, exercise bands, stability balls, and steps. There will be a combination of toning, strengthening and cardiovascular exercise. Instructors will make modifications to meet the needs of the participants as best as possible.</p>

Track Distances

Inside lane—19 laps = 1 mile
 Outside lane—17.2 laps = 1 mile



Please note—
 parents must run or walk beside their children at all times and follow all posted policies regarding use of the track.

Family Track Hours

Mon, Tues, Wed,
 Thurs, Fri:
 1-9 pm
 Sat 12-8 pm
 Sun 12-8 pm



NEW to Fitness or our Facility?

Try our free "STARTING STRONG" Program!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 200.

