

**Are you returning to fitness after a period of time
away?**

Are you new to our facility?

Do you just need a refresher?

Try **STARTING STRONG!!!**

A member only benefit bought to you by the Mansfield Community Center.

For an appointment—stop at the Fitness Desk or call **860.429.3015, ext. 6200**

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 Health and Fitness Questionnaire.

You will leave with a basic workout as well as the confidence and knowledge to continue on your fitness journey.



MANSFIELD
COMMUNITY CENTER
Family, Fitness & Fun!