

Box and Burn

**Dynamic Group
Personal Training
Program**

**With Brittany Shaye
Ouimette
Personal Trainer**



Program Starts September 3rd. FREE TRIAL WEEK the last week of August

**Open to Members and
the General Public**

**Wednesday 5:00 - 6:00 PM
Saturday 9:00 - 10:00 AM
Complimentary Demonstration Class**

6 Week Program:

1 X Per Week - \$120

2 X Per Week - \$215

**PERSONAL TRAINING
AFFORDABLE**

**Register in Advance—Filling fast
(860) 887-3591**



- **Appropriate for ALL FITNESS LEVELS- Intermediate to Advanced**
- **Jump in at any time to start your consecutive 6 week program**
- **Varied High intensity / Interval Training**
- **Great team-building atmosphere and camaraderie**
- **Performed on our Fitness Arena or Functional Training Room**
- **Includes detailed weekly workout programs**
- **Weekly personal communication with your trainer**

Summit Fitness and Sports

2 Wisconsin Ave. Norwich Business Park on the way to Dodd Stadium
860-887-3591 www.summitfitnessandsports.com