



Busy Mom's Fitness

8 Class Series: March 20 – May 8
Wednesdays, 1:30 – 2:30pm

Are you a busy Mom looking to get fitness back in your life?

This cardio and strength circuit class will get your heart pumping, while targeting all the major muscle groups. Come and work out with other moms, and develop your strength in an environment that is fun, supportive and laid back. Also, learn about healthy eating and small lifestyle changes that can help you lose that post-baby weight and reshape your body.

Small group setting, with personal attention to form, and fun!

Circuit training is an efficient methodology that trains your body functionally, so that you're stronger for picking up kids and groceries, your clothes will fit better, and get that mental boost to help you with the rest of your day.

COST: \$120 + hst; Drop-in \$20 + hst



Connie has always been passionate about working with people and helping them reach their goals and potential. As a busy mom of two, she has a strong interest in health and fitness, specifically working with women.

As a Personal Trainer, and Fitness Instructor, she loves bringing variety to the training with kettlebells and TRX, customizing to help each student achieve their goals.