

# Woodbury Park and Rec NEW Fitness Class



## SUMMER

Old Town Hall, 5 Mountain Road, Woodbury [203-263-3113](tel:203-263-3113)

Register at [woodburyparksandrec.org](http://woodburyparksandrec.org)

(Region 14 employees who are non-residents, contact Jenifer Miller @Woodbury Park & Rec to get resident rate: [203-263-3113](tel:203-263-3113) or e-mail [jmiller@woodburyct.org](mailto:jmiller@woodburyct.org) )

### Cardio Muscle MIX!

*A cardio and muscle endurance class designed to challenge the entire body. All levels are welcome as modifications will be given. Bring a MAT and Water bottle and a desire to commit to fitness!*

**\*\*\*FREE Trial Class on Wednesday, June 26<sup>th</sup> 9:15am!**

You must register on-line in order to attend

Instructor: Tricia Brown

**Age:** Ages 14 to active older adult

**Time:** Wednesdays, 9:15 - 10:15 AM

**Dates:** 7/3, 7/10, 7/24, 7/31, 8/7, 8/14 ( no class 7/17)

**Fee:** Residents: \$65, Non-residents: \$75 for 6 weeks.

Nonnewaug students are encouraged to attend!

