



2017 **Fit**CLASS Challenge

Spring Session

Session: February 14th - April 15th 2017

Classes: Tuesdays 6:30 pm - 7:30 pm
Thursdays 5:30 am - 6:30 am

Instructors: Certified Personal Trainers: **Chelsea Taylor & Cedric Maguire**

Events:	February 14, 2017	Challenge Orientation & Fit Testing	6:00-8:00pm
	Guest Speaker:	Josh Garneau	Feb. 14th, 2017 6:15 - 7:15 pm
		Gait Analysis for Runners & Walkers	
		Pain Management	
		Static Stretching vs. Dynamic Stretching	

Feb. 28th, 2017 Day 1 of the FitClass Challenge

April 15, 2017 4 Miler Road Race & Walk (FitClass 4 Miler) 1:00 pm start

Fee:	Member	\$50.00	Fee:	Non - Member	\$150.00
Included:	Membership~ Feb. 14th - April 15th Report Card 14 group workouts 9 "Homework" workouts Weekly Weigh-in Facebook Challenge Page (Private Group) Challenge T-Shirt Individual Prizes Guest Speakers 4 Miler Entrant Fee				



For more information, please contact the WCC at 882-8230 or check us out online at www.wiscassetrec.com