

Boot Camp at Mahackeno: Saturday mornings 8:30-9:30a

Challenge yourself like you have never before. This intense workout is for those looking to bring their fitness level up a notch. Class will include cardio, strength, core and more. Take advantage of this amazing workout in a real camp setting.

Park on Sunny Lane entrance. Meet at Camp Pick -Up sign. Bring a water bottle and towel. In the case of inclement weather, the class will move to our Post Road location in the upper gym. **Free with membership!**

Generation Y: Health and Wellness program for ages 10 and up.

Each participant will meet weekly with a personal trainer and registered dietician. This program will promote healthier food choices, regular physical activity and provide techniques and strategies to help make permanent lifestyle changes. Class meets 2 times per week for 12 weeks.

Sep.21nd – Dec.9th

Ages 10 -12

Tue & Thu 4:30-5:30p

Ages 13 and up

Tue & Thu 5:30-6:30p

Members: \$495

The Complete Package: One on One Personal Training and Nutrition Counseling

If you're ready to make the commitment, we're ready to get you results. Each week for 12 weeks you will meet with a Registered Dietician and a Certified Personal Trainer. Our professional staff will work with you on your specific goals and needs. This is your opportunity to make positive life changes to look and feel your best.

For more information please call [Shelley Moll](#) @226-8981x198

Members: \$1,695

NuMOMtrition:

Motherhood opens the door to a whole new world and your eating habits are no exception. This mini workshop meets twice and focuses on adjusting your nutrition goals to your new lifestyle. Two (one-hour) sessions will cover topics such as carefully losing baby weight, choosing the right foods while nursing, taking supplements after your prenatal vitamins, adding wholesome recipes to your routine, and balancing it all in an effort to reduce stress. Women in every stage of motherhood may benefit from this discussion as there will be time allotted for Q&A throughout the hour.

(Pre-crawlers welcome)

Monday 1:00p

9/27 and 10/4

Tuesday 10:30a

9/28 and 10/5

Wednesday 7:00pm

10/20 and 10/27

Members: \$ 50

Momtrition One on One:

For a truly customized approach, private nutrition consultations are available for women in all stages of motherhood, including expectant mothers or women who are trying to conceive. Private Sessions will concentrate on analyzing your individual body chemistry, medical history, and lifestyle needs to create an exclusive wellness plan.

Sessions available upon request at your convenience. Please call [Shelley Moll](mailto:Shelley.Moll@203-226-8981x198) @203-226-8981x198

One Hour Session: \$100