

Summer 2017

Fun Functional Fitness

An 11 week program designed to improve your physical fitness and give you the tools to lead a healthier lifestyle

June 19th – August 30th



Highlights

June 19th,
21st, and 26th

3 group fitness sessions held at Sheep's Meadow in Central Park at 7pm

July 10th,
12th, 17th, and
19th

4 group fitness sessions held at The Great Lawn in Central Park at 7pm

July 22nd

Have some fun in the sun with a BONUS group fitness session at Coney Island at 10am!!

July 24th, 26th,
31st, Aug. 2nd,
9th, 14th, 16th,
21st, 23rd, 28th,
and 30th

11 group fitness sessions held in Central Park and other park locations on the Upper East Side at 7pm

GET FIT
FOR LIFE.
NOT JUST
FOR SUMMER.

Program Details

The program will begin on Monday June 19th at 7pm with a group fitness session in Central Park and includes an additional 17 group-training sessions all held on Mondays and Wednesdays at 7pm. Training will focus on total body conditioning in a fun, supportive atmosphere. Workouts, which will include high intensity intervals, body-weight exercises, and suspension training, will be challenging yet appropriate for all fitness levels.

All Wednesday group fitness sessions will include a healthy, easy-to-make snack and the recipe will be provided for all participants. The program will also offer access to a private Facebook Group, which will provide encouragement, support, and tips as you embark on adopting a healthier lifestyle.

The program cost is \$360.

Let this be the summer that you commit to a healthier, happier you!!

Program run by CPT Caitlin Bailey

Bailey is an ACE Certified Personal Trainer and Sports Conditioning Specialist