

Smart Start 2022

Looking to jump start your health & fitness goals??
Then our **SMART START 2022** is for you!

Full program consist of:

- **6 Weekly Small Group Personal Training sessions** providing motivation, accountability, proper technique & fun with others at your fitness level. (Sessions are based on your availability, fitness level and we will do our best to get you with the Trainer you prefer. Once you have registered, we will email you paperwork to complete with this information.)
- **3 Special Group Fitness Classes** with all Smart Start participants. (These classes will incorporate all levels of fitness. They will be held Sat Feb 19th, Mar 5th & Mar 19th from 9:45-10:45 am.)
- **2 Intuitive Eating Classes** with Melissa Grow who has a Master's in Exercise & Wellness.
- **2 Foam Rolling Classes** with Certified Personal Trainer, Jo Ellen Walden.
- **1 Exercise/Wellness Psychology Class** with Certified Personal Trainer, Brook Skidmore who also holds two Master's degrees in the areas of Exercise Science, Kinesiology & Sport Psychology.

Cost: \$195**

The entire program runs from Feb 3rd through Mar 19th.

Below are options available for taking only certain portions of the Smart Start Program.

Smart Start 2022 Individual Options

Smart Start Basic: This option will include the 6 weekly Small Group Personal Training sessions & the 3 Special Group Fitness Classes only.	Cost: \$150**
Intuitive Eating: Thurs Feb 3rd & 17th 5:30-6:30pm	Cost: \$30
Foam Rolling: Wed Feb 16th & Mar 2nd 6:00-7:00pm	Cost: \$30
Exercise/Wellness Psychology: Mon Feb 7th 5:30-6:30pm	Cost: \$15

****There will be no proration or refund given for missed classes/sessions of the full Smart Start or Smart Start Basic programs.**

Register online at trailsrecreationcenter.org.
For more information contact Andrea at andrearob@aprd.org.

Registration Deadline Feb 1st

