



NEWTON PARKS & RECREATION DEPARTMENT

“Back to Basics” lose 12 pounds in 12 weeks. We have geared this timeline toward parents of swim team members so you can have an activity while your children practice.

Cutting edge fat burning strategies are incorporated into this total body wellness program designed to improve health, reduce body fat and increase flexibility. All fitness levels are encouraged to participate. Those looking to lose weight will be responsible for handing in meal plan reports each week.

Location: Recreation Center at NNHS, WEIGHT ROOM

Monday and Wednesday nights
6:30-7:30pm or 7:00-8:00pm

Session 1 - January 4, 2010 to March 10, 2010

Session 2 - March 15, 2010 to May 12, 2010

Instructor: Gregg Smith Certified Personal Trainer

- **Fee:** \$270.00 Session 1 fee for full 8 week session starting on January 4th or you can pay \$20.00/session as you go.
- **Fee:** \$230 Session 2 fee for full 7 weeks starting March 15th or you can pay \$20.00/session as you go

Contact: Gregg Smith in advance for more information including registration

Phone: (617)-968-5539

E-Mail: gregg@greggsmithfitness.com

Web: <http://www.greggsmithfitness.com/about.html> for information on your class instructor.