

Are You Ready for a Challenge?

Summer Small Group Fitness Training in the Park



Join Margaret Collett, Certified Personal Trainer, as she partners with Appleton Parks and Recreation to provide a Small Group Training Session that will crush your fitness goals!

Each training session will be a boot camp style workout located at an Appleton Park, utilizing their natural environment and manmade features to provide you a total body workout comprised of strength drills, cardio blasts, and core work. Be prepared to use equipment such as TRX, Battle Ropes and Dumbbells, as well as your own bodyweight.



Where	<p>Appleton's east side parks; specific locations will be announced closer to the session date</p> <p>The first week will meet at Telulah Park (1300 E. Newberry St.)</p>
When	<p>Monday and Thursday Mornings from 5:15 am - 6:15am</p> <p>Session 1: June 5-July 20 (no trainings the week of July 4). Session 2: July 24-August 31</p>
Duration	One session = 6 weeks of training (12 classes total)
Cost	\$85 per session
Registration	Register online at https://tinyurl.com/traininginthepark
General Information	<ul style="list-style-type: none"> To enhance the workouts, you will be required to provide a set of dumbbells. These should be a medium weight, typically 8-15lbs depending on your strength level.** In the event of inclement weather, group will meet at the Schieg Center at Memorial Park. All participants must fill out an Informed Consent Form before beginning any session. Contact Margaret Collett with questions at margaret.collett@gmail.com <p>**Used Dumbbells available for purchase at discounted price of \$0.50 per pound, contact Margaret Collett for more information</p>

REGISTER EARLY!!

Sessions are limited to 12 participants