



# turkey trimmer

Don't let the holidays gobble you up. Trim the stress away with a

**FREE** cardio and strength class.

TUESDAYS 11/3-12/8  
12:00 -12:45 p.m.

## PROGRAM INCLUDES\*:

**Free weekly 45 minute class  
w/ Certified Fitness Trainer**

- Healthy Holiday Recipes & Fit Tips
- Pre/Post Body Fat Screening (optional)
- Holiday Healthy Goal Setting help
- Free Gifts

Free for Students/Faculty/Staff.  
No membership necessary!  
See FC Staff to sign up!



**TUESDAYS**

**12:00 - 12:45 p.m.**

**CARDIO & STRENGTH**

**PLUS**

- 11/3 - Body Fat Screening**
- 11/10 - Holiday Goal Setting**
- 11/17 - Holiday Recipes**
- 11/24 - Turkey Day Portions**
- 12/1 - At Home Fit Tips**
- 12/8 - Body Fat Screening**

**For more information visit [www.southernct.edu/fitnesscenter](http://www.southernct.edu/fitnesscenter)**

\*class is free even if you don't register! Register to get all the rest of the goodies!