

# **BizzFitness - “My Best Self Program”**

**May 1st to June 24th, 2023 (8 weeks)**

“My Best Self” program is our Return to Shape Program. This Program is perfect for the new fitness beginner, who, for various reasons, has been inactive for an extended period or is simply looking to join our regular classes but who does not quite feel ready yet.

Through “My Best Self”, our clients will go through the same workouts as the regular classes. The difference between “My Best Self” and our regular classes is the pace, the one-on-one attention and teaching/reviewing of all the proper lifting techniques. Following this program, our clients will be able to walk into any fitness class feeling ready and not intimidated.

If fitness is a lifelong goal for you, don't be in a rush to skip the basics. Acquiring the knowledge of proper lifting techniques and body mechanics, along with learning to train without injury, will be beneficial to building a solid foundation and ultimately promote a successful outcome.

**Where:** 688 Prospect, Fredericton, NB

**Spaces available:** 12 participants maximum

**Length:** 8 weeks, 4 classes per week (30 classes)

**When:** Monday -Tuesday - Thursday 6:45 p.m. and Saturday 10:30 a.m. (We encourage our clients to attend 3-4 classes a week for maximum results)

**Cost:** \$169.99 (+HST) (less than \$6.50 per class)

