



A T H L E T I C S

A L I F E S T Y L E

NEW YEAR, NEW YOU!

Get Fit. Get Healthy. Live a Better Life.

Join our CrossFit Group Class!

Our Foundation Program is a 3 week/9 class program to begin building a foundation of movements and skills needed to join our **CrossFit Group Classes**. By completing our Foundation Program individuals will learn mechanics, proper technique and form of all movements in addition to cardio-based workouts. Members will also receive a 1-on-1 consultation with a lifestyle coach that will address **YOUR** unique goals including diet, sleep, stress/rest and supplement recommendations.



Dates: January 9 to January 27 with 2 time options.
3 weeks for a total of 9 classes

Option 1: Tuesdays/Thursdays; 7 p.m. to 8 p.m. and Saturdays 11 a.m. to Noon

Option 2: Tuesdays/Thursdays; 6:30 a.m. to 7:30 a.m. and Saturdays 11 a.m. to Noon

Cost: \$150.00 plus tax

85 Mill Plain Rd., Ste. G, Fairfield

Contact: 203-292-8770 or bkadmin@bkathletics.net