

# bodyBLAST

**Kyle Wayne Perry's  
6 Week Small Group  
Personal Training Program  
PERSONAL TRAINING AFFORDABLE**



**Open to Members and the General Public**

**Monday, Tuesday and Wednesday 6:00 - 7:00 PM  
Saturday 8:00 - 9:00 AM**

**Complimentary Demonstration Class  
Ask Member Service Desk  
(Register in Advance—Filling fast—call (860) 887—3591)**

- Appropriate for ALL FITNESS LEVELS - Intermediate to Advanced
- Jump in at any time to start your 6 week program
- Varied High intensity / Interval Training
- Great team-building atmosphere and camaraderie
- Approximately participants per Small Group
- Includes detailed weekly workout programs
- Weekly personal communication with your trainer
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**1 X Per Week - \$120 / 2 X Per Week - \$215**



**Check out Kyle's  
Biography on the  
flip side**

**Summit Fitness and Sports**

**2 Wisconsin Ave. Norwich Business Park on the way to Dodd Stadium  
860-887-3591 [www.summitfitnessandsports.com](http://www.summitfitnessandsports.com)**

## **Kyle Wayne Perry**

- In his 4th year of a Physical Education Degree**
- Inducted into the PHI EPSILON KAPPA National Fraternity for Leaders in Phys. Ed Programs**
- ASFA (American Sports and Fitness Association) Personal Training Certified**
- TRX Functional Training Coach Certified**
- 2 years of In-gym Personal Training Experience**