



CHRISTINA HOOD CPT

FocusFit

*Tuesdays @1pm in the Fitness
Arena*

A 6-week program designed
to establish a healthy
exercise routine and lifestyle
habits for a happier and
healthier new year



Summit
FITNESS AND SPORTS

2 Wisconsin Ave, Norwich, CT 06360

www.summitfitnessandsports.com

860-887-3591

AFFORDABLE SMALL GROUP PERSONAL TRAINING!

1 Hour session per week
for 6 weeks : \$180

Program includes:

- Weekly workouts
- Accountability coaching
- Body composition
- Nutrition analysis
- 1 on 1 communication
- 4-6 Participants

This 6 week bootcamp-style program will establish your path in reaching your fitness goals. We will use a variety of equipment and strength building techniques to ensure that you feel healthier going into the new year.

Weekly workouts and communications will be sent via email or the Trainerize mobile app. Each week you will receive an option for an in gym workout, or an at-home workout.

About the Plan

Over the next 6 weeks, we will focus on our health through exercise and tracking important habits such as water intake and sleep. We will work together to give ourselves a happier, healthier 2021. We will use all of the equipment that Summit Fitness and Sports has to offer. This will ensure that every workout is new and exciting to keep us mentally engaged and focused on our goals. Each week you will receive 2 additional workouts, one that is at the gym, and one at home workout option.

About Christina

Christina is an ACSM Certified Personal trainer with associates degrees in exercise science and sport management. She believes that healthy habits throughout the day are just as important as exercise. Christina is interested in all things fitness and is determined to get you the results you need in the gym.