**FALL OPEN HOUSE**
Saturday, October 5, 2013 • 8AM - 1PM

Membership specials, tours, prizes and more! Learn about our state-of-the-art equipment, Body Training Systems, group exercises, and more!

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**LITTLE FIT**
6 week sessions begin September 24, 2013.

LITTLE FIT group fitness classes offer 45 minutes of fun and fitness through a variety of movements resulting in an increased awareness of the importance of an active lifestyle and development of self confidence. Class cost includes parent and child.

**AGES 6-9**
Thursday, September 26 5:45 - 6:30PM  Fitness & Wellness Center  $40

**AGES 9-11**
Thursday, September 26 6:45 - 7:30PM  Fitness & Wellness Center  $40

**AMERICAN RED CROSS SWIM LESSONS**

**FALL A**
September 10 - October 18  6 weeks  Registration begins Aug 17

**FALL B**
October 31 - December 15  6 weeks  Registration begins Oct 12

**MASTERS SWIM PROGRAM**
The Greenwood Masters swim team, coached by MWCC aquatics director and certified masters coach David Graham meets 5-6 times per week. Two coached workouts are available Monday evenings and Wednesday mornings. This program requires membership in the facility and is appropriate for all levels of adult swimmers. For more information email David at d_graham@mwcc.mass.edu

**ULTIMATE PERFORMANCE**
Ultimate Performance is Periodized Circuit Training for the whole body that includes strength, cardiovascular, speed, agility, mobility, power and balance work. This kind of training maximizes fat loss and strength gains while preventing boredom, overuse, overtraining and plateaus.

All participants receive before and after body composition testing, girth measurements, nutrition information and a “free class” pass for a friend!

September 16 - December 7
1X/week for 12 weeks $216.00 (payable @ 72.00/month)
2X/week for 12 weeks $360.00 (payable @ 120.00/month)
3X/week for 12 weeks $432.00 (payable @ 144.00/month)

New participant program orientation meetings (90 minutes) Choose one:
September 9, 7PM  September 11, 10:30AM  September 14, 10:30AM

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To register for Fitness & Wellness Center programs, call 978-630-9212
mwcc.edu/fitness