



ToFitYou

Where the mind goes
the energy flows

STRENGTHENING AND WALK FITNESS CLASS

by Birgitt Haderlein

FREQUENTLY ASKED QUESTIONS

How long are the session and what do we do?

You will receive one 1–hour exercise sessions led by a nationally certified fitness trainer and wellness coach for 6 weeks. Each workout will consist of strength, walking, core conditioning and cardiovascular exercise.

How many people are in each class?

We limit the class size to just 15 participants to insure individualized attention and safety. A minimum of 3 people must enroll in the Strengthening and Walk Fitness Class for it to take place. If this minimum is not met, participates who were previously enrolled will be fully refunded.

When and where does the program take place?

Starting June 22, 2011 the program will take place every Wednesday from 6am–7am in the Lazybrook Subdivision (participates will meet in front of 2222 Lazybrook Drive). This is a 6 weeks outdoor exercise program and will operate rain or shine, hot or cold, so be prepared for whatever the Houston weather brings our way.

What should I bring?

You should come with water, towel, and a positive attitude!

What if I miss a session?

Due to the fact that this is a group exercise class if you miss a session you won't be able to make it up and once you begin the program there are no refunds. If To Fit You cancels a session we will schedule make up session.