

3 CLASSES to Challenge Your Body And Relieve Some Stress!

STRIKE-FIT
Every Monday
6-7pm

The original Strike-Fit will break you out of your regular fitness routine, challenging you in new ways. Get fit, have fun, and work muscles you never knew you had! Class includes "bootcamp" style drills, stretching, kickboxing, boxing, self-defense, and more!

STRIKE-FIT
BOXING

Strike-Fit BOXING: 30 minutes of non-stop punches, elbows, chops, and more. Hit, dodge, duck, perry... build up a sweat while learning the moves. Striking pads are used for the whole class!

Thursdays 7:30-8pm

STRIKE-FIT
Express Thursdays
7-7:30pm

Strike-Fit Express: Short on time? Get many of the same benefits of the full Strike-Fit class in half the time. A 30 minute "Jam-Packed" work-out!

"Boot camp" style workout - Intense cardio blast - Body weight resistance training
Boxing, kickboxing, and Martial Arts techniques - Individual and partnered drills

Classes Open to Men and Women

Classes provided by
East Coast Training Systems
203-410-9222
www.ECTS.biz



Sacred Heart University
William H. Pitt Center

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Fairfield, CT 06825

Contact Pitt Center Director
Gary Reho for more info

Strike-Fit
Great for Cross-Training