

THE FITNESS CENTER

The Fitness Center is located at the Eunice Postol Recreation Center on 75 Mill Plain Road. Open to all Fairfield RESIDENTS, 18 years of age and older, the Fitness Center is equipped with 17 CYBEX VR2 strength training stations and an extensive line of aerobic equipment which includes the industries best names such as Stairmaster, Lifecycle, Quinton Treadmills and Precor Elliptical Crosstrainers.

A yearly membership is \$130.00 for adults and \$110.00 for seniors (62 & older.) Fitness memberships are valid for a year from the day it is purchased. (For example purchase a membership September 1, 2007 and its good until September 1, 2008.)

Three-month memberships are also available for \$65.00 for adults and \$55.00 for seniors. The fee for a three-month pass MAY NOT be applied to the full year rate at the end of the three months. Renewal may only be for a full year or an additional 3 months.

Interested residents must sign-up at the Fitness Center. Cash is not accepted before 8:30 am and after 4:30 pm or on weekends. Payment by check or credit card is required during these hours. Proof of residency is required when registering and must be verified each calendar year. You must have two forms of ID showing that you are a Fairfield resident, one a photo ID. Acceptable forms of ID include: Driver's License or other government issued ID cards or licenses with photo displaying Town of Fairfield address, Car Registration, current personal property tax payment receipt or Utility bills all showing Town of Fairfield address.

Hours of operation: Weekdays 6:30 AM to 9:30 PM Weekends 9:00 AM to 4:00 PM

CO-ED FITNESS

Ali Anderson, a Bonnie Prudden Certified Exercise Therapist and Myotherapist, offers an ideal balance of warm-ups, strengthening, endurance, stretching and cool down, all done to music. Ali's classes meet every Tuesday and Thursday from 9:10 am to 10:00 am in the Gymnasium at the Senior Center on Mona Terrace. Students are advised to bring their own mats and 1 lb. hand weights. A class schedule will be given out the first week. The tentative class schedule is as follows:

Session I September 11 – December 13 24 Classes \$96.00 Registration taken at the first class

Session II January 8 – February 14 12 Classes \$48.00 Registration taken at the first class

(SINGLE CLASSES COST \$5.00 PER CLASS)

SENIOR CITIZEN PHYSICAL FITNESS

Shape your body with muscle toning, conditioning and cardiovascular exercise to music in a fun atmosphere. Help keep tension and fatigue away by keeping healthy and physically fit. Instructor Ali Anderson's classes meet every Tuesday and Thursday from 10:10 am to 11:00 am in the Gymnasium at the Senior Center on Mona Terrace. This program will begin on TUESDAY, SEPTEMBER 11th and is for RESIDENTS 62 years of age and older. Students should bring their own mats and 1 lb. hand weights. There is no charge for this program and seniors may register at the first class. Class size will be limited to the first 50 registered.

SENIOR EXERCISE

Join Therapeutic Recreation Director, Donatella Nichols every Wednesday and Friday from 11:30 am – 12:30 pm in the Gymnasium at the Senior Center on Mona Terrace. Donatella's classes begin with a warm-up and concentrates on flexibility, aerobics, and stretching. Light weight lifting is also incorporated into the program. Students should bring their own mats and 1 lb. hand weights. This is a FREE drop-in program.

FAIRFIELD FITNESS COUNCIL WALKING CLINIC

The Fairfield Fitness Council is sponsoring a Walking Clinic for Fairfield residents on Saturday, September 8th from 10 am - 12:00 pm. (Rain date, September 22nd) Participants will walk a 2.5 mile loop starting at Veterans Park on Reef Road. Children must be accompanied by an adult. Kristi Cristello M.Ed., a Fairfield Fitness Council member who holds a Master's in Exercise Science and is a Certified Personal Trainer, will lead the clinic and cover topics including the benefits of walking, hydration, stretching, heart rate monitoring, warm up, injury prevention and strengthening. Fee: \$10.00 per person. Pre-registration is required [by completing a form from this brochure](#). If you have any questions, please contact Kristi Cristello at 203-770-3949 or Krustic@snet.net Check out the Fairfield Fitness Council's web-page for more fitness and nutrition info! www.fairfieldct.org/fitnesscouncil.htm

DAY	DATES	TIME	SITE	AGE	MIN	ACTIVITY	CODE	FEE
Sat	9/8	10:00 – 12:00	Veterans	All	5	Walking	10:00	\$10.00