



## Salem Recreation Is Bringing You FIT4MOM's Body Back Program!

2017 New Year's Session at Salem Elementary School  
January 9<sup>th</sup>, 2017 to March 8<sup>th</sup>, 2017 on Monday & Wednesday evenings 7:00 – 8:00PM

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**Free Preview Class – Tuesday December 6<sup>th</sup> @ 7:00PM**

**Pre-Registration is REQUIRED!**

The link to **Pre-Register** is here: <https://fit4mom-norwich-groton.frontdeskhq.com/e/45219285>

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Body Back® is an 8 week long, results-based workout designed for moms who want to get their body back to a strong and healthy place. Whether you just had a baby or you last child was born twenty years ago, this program is designed to support, encourage and motivate YOU to reach your goals! Most importantly, it will help you unlock your personal possibilities in an inspiring and powerful environment. Body Back® clients experience targeted high-intensity small group workouts, inspiration and motivation in every class. When done in conjunction with the Body Back meal plan and at home workouts, you have a surefire combination for success.

What Does The 8 Week Body Back® Include?

- 2 Workouts per week in a small group format
- Mama Wants Her Body Back Meal Plan and Food Diary
- Before and After fitness assessments and measurements
- Online coaching and support
- Mama Wants Her Body Back digital workouts

The workouts have been clinically proven in a university research study to help moms lose the weight and return to their pre-baby body composition and confidence. Moms all over the country are achieving results that they never dreamed possible. -- Program Fee - \$249

- Registrations for the 8 week session will be taken at the Dec 6<sup>th</sup> Preview Class.

Or registrations can be sent to Salem Recreation Program Coordinator Attn: Vanessa Bunnell Salem Recreation, 270 Hartford Rd, Salem, Ct 06420 with check made payable to **Town of Salem**.

**Registration Forms can be downloaded from this link:**

[http://www.salemct.gov/Pages/SalemCT\\_Recreation/S02200BEA-02C6ECA4.0/Registration-1.pdf](http://www.salemct.gov/Pages/SalemCT_Recreation/S02200BEA-02C6ECA4.0/Registration-1.pdf)