

Spring Shape Up!

Shed those extra winter pounds and get in shape to do the things that YOU want to do this summer!

Mondays & Thursdays @ 8:30 am

May 16 - June 16

\$72/members \$90/non-members

(5 weeks, no class on Memorial Day)

Use a wide variety of different training techniques to lose weight, gain muscle, and achieve your goals. This class will be inside and outside, weather depending. Please sign up at the front desk. Call Ren at (802) 224-6676 for more details!



SHELBURNE
Health & Fitness

166 Athletic Drive, Shelburne, VT 05482 985-4410
www.shelburnehealthandfitness.com

Lead by Ren Collier NASM-CPT- Ren Collier recently graduated from Johnson State College with a degree in Health Science. He enjoys working with people and is very passionate about using exercise to improve the health and wellbeing of others. He likes working with anyone interested in improving their fitness levels from young athletes to seniors. Ren uses a variety of training techniques including weight training, cardio, kickboxing, flexibility, and bodyweight training to maximize his clients results.