

# Fusion Fitness Class

## GOALS OF THE FUSION FITNESS PROGRAM:

- To get kids *excited* about being active and fit., as well as getting them involved in eating healthy and following a healthy lifestyle.
- To help teenagers establish and maintain an *active healthy lifestyle*.
- To provide adults with a means to workout while providing a *social network* in a *group* atmosphere.
- Each class focuses on a different aspect (theme) of exercise and fitness. You *never get bored* and are *always learning!*
- To provide cross-training and offseason training to athletes of various ages, sports, levels.

## WHO:

**Everyone** can join! Classes are divided into two ages; 8-14 years, 15 and up (includes adults)

## WHERE:

**Illinois Gymnastics Institute.** Indoors and out (Ty Warner Park; weather permitting).

145 Plaza Drive, Westmont, Illinois 60559

## WHEN:

<b>8 to 14 years:</b>	<b>Tuesday and Thursday</b>	<b>3:00 to 4:00</b>
<b>15 and up (includes adults) :</b>	<b>Tuesday and Thursday</b>	<b>7:00 to 8:00 PM</b>

## PRICING:

June 8th through July 29th:

8 weeks, 2 times each week: **\$350.00** (may be prorates)

Drop in: \$22.00/class

August 3rd through August 17th

\$105.00/session      \$22/class

### **Classes Continue September 7th:**

Contact for Fall days, times, and pricing!

**New Classes include:**    Adult (18+)    Abs/core classes

## MEET YOUR COACH!:

Rachel Cantore is on a mission to get as many people actively involved in living a healthy lifestyle (from exercise, to eating well, to general wellbeing). She loves working with children as well as helping adults form healthy habits. Exercise and cooking/eating well are two passions of hers and you will soon love them just as much as she does!

Rachel is a personal trainer, personal chef, and nutrition coach. She received her degree from UIC in movement sciences, exercise and fitness, and nutrition. She also has certifications as a personal trainer, personal chef, and nutrition and wellness coach. Rachel is constantly learning and keeping up to date on health, fitness, and nutrition. Additionally, she has been coaching at IGI for over 6 years.

**Rachel Cantore**

**630-300-8289**

**[Rachelsfusion@gmail.com](mailto:Rachelsfusion@gmail.com)**