

# Auburn Recreation and Culture

## Auburn Fit Club Free

September 7th at 6 PM

Auburn High School

99 Auburn St Auburn, MA



After almost 3 years, we are so happy to be offering Fit Club again. This is an opportunity for you to try new workouts, interact with people who are on a similar journey as you, and most importantly...HAVE FUN!

Fitness is not suppose to be stressful and sometimes it's hard to motivate yourself. Fit Club is a great opportunity to get your workout in with friends and an uplifting community. Did we mention that it's FREE?

Please bring friends, all are welcome. Must be 18 or older to participate.

Fit Club will be offered every Wednesday at 6 PM and a different workout will be offered each week for ALL fitness levels.

Join our NEW Auburn Facebook group to stay informed and so you have the opportunity to vote on our weekly workouts.

More details to follow about our first workout on September 7th.

For more information please see below

**Kristine DelloStritto, CPT~P90X, Insanity, Piyo Certified~ Fitness & Health  
Coach~[www.krisdellofitness.com](http://www.krisdellofitness.com)~[krisdellofitness@gmail.com](mailto:krisdellofitness@gmail.com)~ 508-729-2935**

**Kristen M. Pappas ~Town of Auburn~ Director of Recreation and Culture~**

**Senior Center Program/Activities Coordinator**

**4 Goddard Drive~ Auburn, MA 01501~ 508-832-7736~ [Auburnguide.com](http://Auburnguide.com)~**

**[KPappas@town.auburn.ma.us](mailto:KPappas@town.auburn.ma.us)**