

# Power Hour with Coach Chasta 2022



Rice Recreation Complex - Behind Rec Building  
54 Emerald St - Wrentham

## FREE

July 12 - August 16, 2022

### Summer 6-week Schedule

Tuesday Nights

7:15pm - 8pm

This program focuses on getting you stronger with resistance training and elements of HIIT/cardio training by using your own body weight and/or weights. Classes will vary week to week with a focus on upper body, lower body, or full body workouts. All fitness levels are welcome and modifications will be provided.

Bring mat, sneakers and water  
**\*OPTIONAL** - your own dumbbells to add weight to your workout\*

*Funding provided thanks to a grant from the Sweatt Fund*

For Questions and Info Contact:  
Ladams@wrentham.gov  
617-719-2359

Click link below to register:

[WRENTHAMMA.MYREC.COM](https://wrenthamma.myrec.com)

ONLINE REGISTRATION REQUIRED

Register for entire session



*Offered by Wrentham Recreation Dept*