



**Cris Dobrosielski CSCS, CPT, CMT**  
**2012 New Year's Fitness Classes @ SDCKT**

- Saturday January 7
- Saturday January 21
- 9:30-10:20 am
- 15\$ per student

Cris Dobrosielski, Certified Strength and Conditioning Coach and Personal Trainer will be leading a group workout at the boat house. The workout is open to all ages and ability levels.

The workout will be aimed at:

- Improving aerobic fitness
- Improving muscular endurance
- Improving body composition (lowering body fat)
- Improving core stability
- Improving flexibility
- Having Fun/Burning Stress



In addition to his decades of work with professional and world-class athletes, Cris has helped thousands of individuals improve their overall health and develop highly effective and sustainable fitness routines. A former Faculty/Staff Wellness instructor at UCSD and Physical Education Instructor at Cuyamaca Community College, Cris' seasoned approach is safe and delivers Monumental Results.

Be prepared to walk, jog, step, push, pull and have more fun than you thought possible while getting a great full body workout. Dive in and get going in 2012!

***Small consistent change, over a significant period of time, leads to MONUMENTAL RESULTS!***

For more info call Coach Cris 858 232 6116