

"Take Charge of Your Body!"



In2 Mommy Fitness



Are you searching for a way to take charge of your body again?

My name is Tonja Gagnon. I've dropped 5 dress sizes and lost 50 pounds. I'm a stay-at-home mom of two amazing toddlers. A year ago, I found myself searching for a way to improve myself. I realized that I wasn't just looking for a way to lose my pregnancy weight, but something to help me stay healthy and set an example for my children. I wanted to find a method to accomplish this and not take time away from my family. After a lot of research, trying several workout programs and training for a half marathon, I was able to create a workout regimen that I could do with my children. During this amazing journey, I finally felt myself shrinking back to the happy and self-confident person I once was. Today I am a size 4-6! I have ran 3 half marathons and have started working toward my Personal Training Certification. If my experience peaks your interest, I welcome the opportunity to share and guide you towards your own personal success story of "taking charge of your body!"

The following classes begin Friday 4/9/10 & Saturday 4/10/10:

Friday - "Mommy and Me Walk Before You Run" - 9 to 9:45am - 4 week program \$60

Combines different strengthening exercises while pushing your child in their stroller to achieve a full body workout. This class is designed for Mommy and fun for children. Class starts every 4 weeks.

Saturday - "Learn to Run Your First 5K" - 9:30 to 10:30am - 8 week program \$75

Designed to get you out the door and training to run your first 5K. Perfect for novice walkers, working Mom's and Dad's who want to learn to run a 5K and see amazing weight loss results at the same time.

**Classes offered through Toddle Fitness,
309 W. Oak Avenue, in Visalia**

**Call: (office) 559-622-9095 or (direct) 559-816-7716 or
e-mail questions to toddlefitness.com and sign up today!**

***Saturday while you train - Children's Movin' & Groovin' Class
is available through Toddle Fitness - \$5 per child***

**** Please consult with your physician before beginning any new exercise program ****