

FIND YOUR FIT!

A fun introduction to physical fitness in a supportive group environment

This program is designed for adolescents **ages 12 to 16 years** who want to be more physically active but are not sure where or how to start.

This group will focus on upper and lower body strengthening, cardiovascular endurance, balance, and flexibility in a fun, circuit-based exercise program.

This program will be facilitated by a Registered Physiotherapist.

Programming includes:

- Pre-group 30-minute individual assessment
- 6 group sessions
- Post-group 30-minute individual assessment

Dates and Times:

Dates: Wednesdays September 25th; October 2nd, 16th, 23rd, 30th; November 6th
6:00-7:00 p.m.

Cost: \$492 for 6 group sessions and 30-minute pre-assessment and post-assessment

Limited spaces available.

Contact Us To Register!

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*Check with your insurance provider for coverage.