

FIND YOUR FIT AT HOME!

A fun introduction to physical fitness in a Virtual 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 (virtual or in-person)
- 6 virtual group sessions via Zoom
- Post-group 30-minute individual assessment (virtual or in-person)

Dates and Times:

Dates: Wednesdays January 20th and 27th; February 3rd, 10th, 17th, and 24th
5:00 – 6:00 p.m.

Cost: \$508 for 6 group sessions and 30-minute pre-assessment and post-assessment

Contact Us To Register!

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*Check with your insurance provider for coverage.