

FIRE UP!

STRENGTH PROGRAM

Keep your summer body fit and fully activated this fall to perform strong and stay away from injuries for entering next winter season! Work your core strength, in balance and coordination with the rest of your body, through callisthenic, plyometric, and gymnastic base exercises. Move like a cat, and be fast and agile!

Train with Majo, a kinesiologist and exercise physiologist, ski professional, former gymnast and avid mountain biker! To REGISTER email majo@kinesiologywithmajo.com or Call 604-966-4568

CIRCUIT STYLE

10 WEEKS

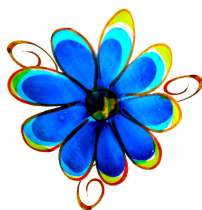
20 WORKOUTS (1 HOUR EA.)

TUES & THU 12:00 PM

SEPT 15TH – NOV 19TH 2015

Location: OROS Whistler Gymnastics Centre

20 SESSIONS \$300
15 SESSIONS \$232.50
10 SESSIONS \$160
5 SESSIONS \$82.50
DROP IN \$17



* Missed workouts will not be carried out to a future program