

# 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](mailto:majo@kinesiologywithmajo.com) or Call 604-966-4568 ASAP!

**4 WEEKS  
EXTRA**

**CIRCUIT STYLE**

**4 WEEKS**

**8 WORKOUTS**

**TUES & THU 1-2 PM**

**NOV 4<sup>TH</sup> – 27<sup>TH</sup> 2014**

**FULL TIME \$104 (\$13 X 8)**

**PART TIME \$56 (\$14 X 4)**

**\$15.25 DROP IN**

**\*PRICES INCLUDE TAX**

