

FIRE UP!

STRENGTH PROGRAM

Get your winter sports body to perform strong and stay away from injuries this summer! 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@kinesiomajo.com
or Call 604-966-4568 ASAP!

**CIRCUIT STYLE
6 WEEKS**

12 WORKOUTS

**TUES & THU 1-2 PM
STARTS APRIL 29TH**

**\$120 TOTAL / \$10 EA
\$13 DROP IN**

