

**It's back!  
YES!**

# **FIRE UP!**

## **STRENGTH PROGRAM**

Needing to shift your focus from the snowed on slopes to the dirty ones, to specifically increase your overall power for the coming up fast MTBike season, and help you staying away from injuries all season long! 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!

**CIRCUIT STYLE**

**6 WEEKS**

**12 WORKOUTS**

**TUES & THU 1-2 PM**

**FEB 10<sup>TH</sup> – MAR 19<sup>TH</sup>  
2015**

**FULL TIME \$180 (\$15 X 12)**

**PART TIME \$96 (\$16 X 6)**

**\$17 DROP IN**

**\*PRICES INCLUDE TAX**

