

FIT TO PLAY

OUTDOOR ATHLETIC CONDITIONING WORKOUTS

JULY 15 TO SEPTEMBER 2, 2014



“Wanting to maintain your gains in athleticism from the last couple of months but wishing to keep time to play outdoor doing your favorite sports? Join the **Fit To Play** program once per week over this summer. Workouts will include some dynamic warm up, dynamic stretches, full body resistance, callisthenic, core, balance, coordination, cardio, power, strength, and plyometric exercises, mobility, stability, agility drills, and contract/release stretches.” - Majo



Meeting at Bayly Park *(in Cheakamus Crossing, Whistler)*

- 8 Circuit type workouts
- On Tuesdays | July 15 – Sept 2
- Regulars 5+ \$13 ea. | Drop Ins \$15
- At 1:00 – 2:00 pm
- Starting point at gazebo
- Bring your yoga mat or a beach towel and water bottle

WOOHOO!

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