

# Training Sessions Are Opening!

Small Group / Personal Training Sessions are coming! **LOOKING FOR 1-ON-1 HELP WITHOUT THE COST??** Well our noon hour classes are just for you! Our trainers will give you one-on-one interaction to help you improve or enhance your current fitness and give you that extra edge on your movement performance! Your warm-ups, work-outs and cool downs will be individually geared to your needs and performance goals.



Whether you have a previous injury or not, we are here for you! Our trainers collaborate with highly trained & knowledgeable professionals on staff (such as chiropractor, osteopathy, physiotherapy & naturopathy) to bring you an overall educational and rehabilitative experience! Information on topics such as nutrition, stress management, injury prevention, sleeping and more will also be provided and you will receive monthly newsletters to keep you up to speed on the newest information on health and fitness out there!



Book early to reserve your spot! Take advantage of this unique opportunity and we look forward to seeing you in the New Year!

Our goal is to help you on your path to gaining full functional movement and live life to the fullest!

