

BALANCE *body* **FITNESS**
Personal and Group Fitness Training

Pilates with Props

Core Strength is the foundation of Pilates exercise. When the core muscles are strong, they work in tandem with the muscles of the trunk and support spine and movement. Through centering, control, flow, breath, precision and concentration, you will become leaner, longer, balanced and stronger.

Wednesday evenings 6:30pm-7:30pm \$75 per participant
at : Sandwich Hollows Golf Club - Upper Level
January 6th to March 3rd (no class 2/17)

Boot Camp

Tuesday mornings \$80 per participant
6:30am-7:30am
January 5th - March 2nd (no class 2/16)
at : Sportsite Health Club

(fitness assessments offered prior to and at the end of the session)

Conditioning for Sports and Fitness *...back by popular demand*

Calling all athletes! Practice how you play! Train hard so you can play hard!
Increase your fitness level with pre-season training and be prepared for your
upcoming season !

This high energy, intense workout includes running drills, agility ladder drills, calisthenics, jump roping, body weight resistance, obstacle course circuit training, flexibility, balance, rotational and core training. Improve strength, power, agility, balance, flexibility, reaction time and mental focus! Come prepared to work hard and have a blast !!! Bring a towel and plenty of water!

Tuesday & Thursday 4:45pm-6:00pm \$110.00 per participant
at: Sportsite

January 5th - February 25th (13 classes)
(no class 1/21 and Feb vac week) (Grades 7th – 12th)

Instructor: Kristen Gorrasi is a health & fitness professional with over 20 years experience. She holds national certifications in group fitness and personal training, as well as specialty certifications and core training in Resist-a-Ball, Bosu Balance Trainer, SPRI Resistance Bands, Johnny G Spinning and Stott Pilates with a Bachelor of Science, Communications.