

Morning Fall Fitness Program @



Fitness/Nutrition/Lifestyle/Mindset/Accountability/Support

Set yourself up for success with weekly challenges designed to build a foundation of healthy mindset and habits, commitment and sustainable change.

SORRY! NO QUICK FIXES HERE!

But we will build accountability and show up for ourselves and each other by connecting, sharing our successes and being honest about our struggles.

SOME OF WHAT WE'LL LEARN

Better sleep habits, managing our time, basic nutrition tips, **building** a support system, managing setbacks, goal setting and how being kinder to ourselves is the best place to start!

“The mind is where it starts, the body is where it’ll show!”

Scheduled Training Days

6:15am at the studio

Mon - Cardio - Interval Training

Tues - Strength Training

Thurs - Strength Training

Fri - Cardio - interval Training

PLUS a 5th class each week.

Try something new with one bonus class per week of Zumba, POUND, Barre or Yoga class from our regular schedule.

Optional Pre/Post
Fitness Testing

Once per week, bring a friend to a class for free!

Oct 22 to Dec 15, 2018

\$385 + GST

(Includes 4 scheduled classes + 1 bonus class per week to use as you wish)

(Dec 16 to 22 - FREE BONUS WEEK)

Certified instructors will guide you through all sessions. Participants should be free of injury and cleared for activity by their healthcare provider.



For details on how to register:

www.onefitnessyoga.com

Look under Events, Workshops & Training

Or call/email us @ 784-0056 OR info@onefitnessyoga.com