



Now Offers **Dry land Training for Sports Teams**

We offer Spinning, plyometrics, core strength and stability & strength training.

Our qualified instructors will make a program that meets the needs of your team.

Minimum number of participants is 10 per class.

Use of the Group Fitness Studio and equipment. During the scheduled class time only.

**Please contact Jessica Farmer @
j6farmer@rogers.com for more information**