



LATION FITNESS INTRODUCES:

SPRING TRAINING CAMP



SMART TRAINING FOR A LIFETIME OF MOVEMENT

*NEW ADULT CONDITIONING PROGRAMS
BEGIN APRIL 4/11*

MON, WED, FRI: 6:00am

Space is limited to 6 participants.

This session incorporates trigger point therapy to repair fascia adhesions and release muscle tension, cardiovascular and strength conditioning, balance and core power in all planes of movement in an interval training format. Functional, integrated movements and trigger point release work are combined with various fitness tools to help you build a smarter body ready for life or for sport. All fitness levels welcome.

NOW OFFERED AT:

YOGA YOGA EAST

2495 Queen Street East (at Neville Park),

www.yogayogaeast.com

ADVANCE REGISTRATION REQUIRED

For training fees and more information contact us or visit our website: *www.lationfitness.ca*

*Lation Fitness Training
Training movement for life*

416-993-9569

www.lationfitness.ca

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