



# INTRO TO FITNESS

Intro to Fitness is a 2-session program designed for those new to fitness and don't know where to start, those who aren't confident at the gym, and those in an exercise rut. During the first session, participants will learn the principles to designing their own aerobic, strength and flexibility training program. During the second session, participants will put what they learned into practice during a mini exercise session with the guidance of an exercise specialist.

Instructed by Allison Minardi

SESSION 1	SESSION 2	TIME	LOCATION
Thursday, January 10	TBD during session 1	12p - 12:45p	<b>Admin Building, 4th Floor Manatee Room</b> 1112 Manatee Avenue West, Bradenton
Thursday, January 17	Thursday, January 24	12p - 12:45p	<b>Transit, Fitness Center</b> 411 Tallevast Rd., Sarasota <i>*Open to Transit/Transit Fleet ONLY</i>

Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)  
(select "Intro to Fitness" in the dropdown menu or use the search bar)



For More Information Contact: YourChoice Fitness Center  
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