



INTRO TO FITNESS

Intro to Fitness is a free 4 week 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. Participants meet for 1 hour each week. Each session will focus on a specific area of fitness and combines education with a mini exercise session. By the end of this program, participants will learn the principles to designing their own aerobic, strength and flexibility training program and will feel confident using a variety of equipment and machines. This program will be capped at 8 participants per cohort.

Instructed by Kathryn Raines

	Cohort A (Mondays 5:30-6:30pm)	Cohort B (Wednesdays 12:00-1:00pm)	Cohort C (Saturdays 10:00-11:00am)
Session 1	Oct 9th	Oct 11th	Oct 14th
Session 2	Oct 16th	Oct 18th	Oct 21st
Session 3	Oct 23rd	Oct 25th	Oct 28th
Session 4	Oct 30th	Nov 1st	Nov 4th

Participants are expected to attend all 4 sessions for their cohort and may not switch cohorts/days.

Open to employees and adult health plan members!

Determine which cohort works best for your schedule and register at
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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