



INTRO TO FITNESS

Intro to Fitness is a free 6-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)
Session 1	Jan 22	Jan 24
Session 2	Jan 29	Jan 31
Session 3	Feb 5	Feb 7
Session 4	Feb 12	Feb 14
Session 5	Feb 26	Feb 28
Session 6	March 5	March 7

Participants are expected to attend all 6 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 (starting 12/21) 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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