



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 (dates listed below), participants will learn the principles to designing their own aerobic, strength and flexibility training program. During the second session (to be scheduled during session 1) participants will put what they learned into practice during a mini exercise session with the guidance of an exercise specialist.

Instructed by Allison Minardi

DATE	TIME	LOCATION
Monday, November 5	12p - 12:45p	Transit, Conference Room <i>*Open to Transit/Transit Fleet ONLY</i> 411 Tallevast Rd., Sarasota
Thursday, November 8	12p - 12:45p	Public Safety Center, Conference Room <i>*Open to PSC Personnel ONLY</i> 2101 47th Terrace E, Bradenton

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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