



# 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 (date 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

**Thursday, December 6, 12p - 12:45p**  
**Utilities, Large Conference Room**  
4410 66th St W , Bradenton

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  
941.748.4501 x3667 | [aminardi@manateeyourchoice.com](mailto:aminardi@manateeyourchoice.com)

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