

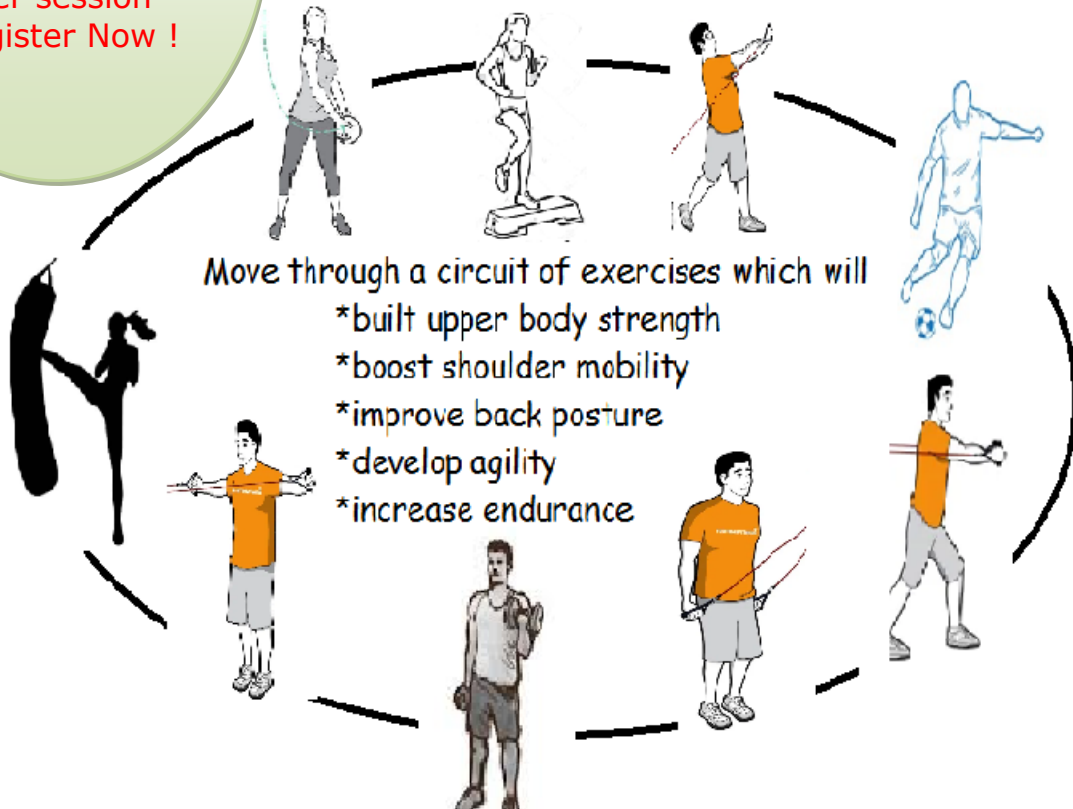
Friendly Fitness Circuit

for Adults and Teens (13 yrs & up)
with special needs

Michael Burton

Personal Fitness Trainer (CAN FIT Certified)

**Mondays
afternoon
sessions**
Only 5
participants
per session
Register Now !



Move through a circuit of exercises which will

- *built upper body strength
- *boost shoulder mobility
- *improve back posture
- *develop agility
- *increase endurance

All 14 sessions: \$175.00

Sessions take place at the
Kanata Beaverbrook Centre
2 Beaverbrook Road, Kanata

1:30 - 2:30 p.m.

September 14, 21, 28
October 5, 9, 26
November 2, 9, 16, 23, 30
December 7, 14, 21

Registration via-e-transfers
prismsoptionsprograms@gmail.com

*(e-mail first to ensure
space availability)*

Please note: Participants
requiring any assistance must
attend with the support of a
parent, worker or other.

Prisms Options Programs

<http://prismsoptions.wix.com/special-needs>