

New to the exercise world?

Learn the skills needed to be comfortable in a fitness setting!

FUNDAMENTAL FITNESS

Mondays, 6:30pm - 7:30pm or Fridays, 9:30am - 10:30am

Classes are once a week for 5 weeks. \$50 per member.

Hands-on educational training includes:



- **Goal Setting** - Design your wellness plan and strategize for success.



- **Nutrition** - Learn how to make smart food choices to fuel your body and benefit your health.



- **Cardiovascular Exercise** - Know your options to train your heart and lungs to keep active and energized.



- **Strength Training** - Build confidence as you build muscle; learn the science behind strength training.



- **Balance & Core & Flexibility** - Stand tall; stay steady by learning the CORE elements of balance. Put a twist on your exercise routine by learning safe and effective ways to increase your range of motion.



- **Tips, Tools & Knowledge** - Knowledge is Power! Learn the nuts and bolts of adding fitness into your routine and understand how Exercise is Medicine.

Sign up with an Exercise Specialist today!

For more information contact Kent Schott, Fitness Manager:
425.6882 or kent.schott@wth.org

