

Adapted Fitness

Youth ages 13 - 24

**Village Square Leisure Centre
2623 56 Street N.E.**

Come workout in the weightroom under the supervision of an instructor in a group setting with other teens. Focus on improving cardiovascular fitness, increasing muscular strength and flexibility all while having fun. Program is for individuals with a physical disability who need limited assistance or who can provide their own aid.

Saturdays

September 20 - December 13

Late registrations will be accepted and fees prorated.

10 - 11:30 a.m.

\$59.40

Course Code: 340218

An assessment must be done for new participants prior to registration (\$40 fee).

Please call 403-366-3924 for more info.