



# **JUMP STRETCH CANADA FITNESS CENTRE**

## **Athletic Training**

If your goals are to get to the next level in your sport, we have the training program for you! Our qualified instructors will help you improve speed, vertical jump, lateral movement, flexibility and endurance as you participate in our high-intensity group workouts. Come in and learn the Jump Stretch Canada secrets that all the pro's are using! All we ask is that you give 100% at every session.

## **Athletic Classes (Children)**

- Monday thru Friday; 1st Class 3:20 pm: 2nd Class 4:20 pm
- Saturday 10:15 am
- Sunday Classes will be available as required
- Free Orientation is a requirement for classes

## **Fees**

- \$50.00 Per Month Plus HST
- Includes Jump Stretch Canada Gym Membership
- With Membership; Free Orientation Saturday at 12:15 (Orientation is every Saturday and a requirement Prior to all classes)

## **Athletic Classes (Adults)**

- Tuesday 8:00 pm- Thursday 6:45 pm- Saturday 2:00 pm- Sunday 11:00 am
- Includes Orientation which is a requirement of Jump Stretch Canada

## **Fees**

- \$50.00 Per Month Plus HST
- Includes Jump Stretch Canada Gym Membership
- With Membership; Free Orientation Saturday at 12:15 (Orientation is every Saturday and a requirement Prior to all classes)