



JUMP STRETCH CANADA FITNESS CENTRE

Orientation Class

Our training techniques are highly effective, when performed correctly. That's why we provide Orientation Classes each Saturday at 12:15 to familiarize new members with Jump Stretch training techniques.

This class is free of charge and must be taken one time as a requirement of the facility. Orientation classes move at a much slower pace than "regular" classes, because we focus on the details.

As a reminder, participants should come prepared to train, wearing proper workout clothing and indoor training footwear. Sleeved shirts are also recommended to protect your shoulders from flexbands while doing squats.

Every Saturday at 12:15, this is a Jump Stretch Canada prior to all classes (Orientation is free to all registered for Jump Stretch Fitness Classes and memberships)