



Moose Jaw YMCA

Fitness Revive

 March 24, 2012

The Moose Jaw Family YMCA is proud to present a workshop that will rejuvenate your passion for fitness, expose you to new fitness opportunities and bust fitness myths.

Participants can participate in as much or as little as desired.

Classes include: TRX, Spin, Drums Alive, Racquetball and more!

Presenters/Sessions include:

Partners in Fitness by Dr. Bloomquist
& Bill Ursel -The Heart and Stroke Foundation



YMCA Fitness Leaders
Exercise Therapists
Personal Trainers and many other special guests.

Registration Starts February 17, 2012

Fees to be announced

Open to both YMCA Members and Non-Members

** YMCA Certified Fitness Instructors can use this workshop as Education Credits**

Other instructors- please check with your governing bodies

Childcare is available- please see the registration form for more information

Watch for more information on our website at www.moosejawymca.ca