



ALWAYS
IN SEASON

GRANITE FALLS SWIM & ATHLETIC CLUB

FOUNDATIONS OF FITNESS

Just Getting Started? Tired of the Same Old Workout Routine?

JUMP-START YOUR FITNESS REGIMEN

4 Weeks Only \$79

Starts October 2nd

Wednesdays at 10:45 am

60 Minute Sessions



GRANITE
FALLS

FOUNDATIONS OF FITNESS

- Workout in a Small Group
- Increase Exercise Knowledge
- Build Friendships & Camaraderie
- Feel Relaxed & Confident at the Gym

Exercise enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to improve strength, increase cardiovascular fitness and endurance, improve flexibility and range of motion, to slow aging, weight loss, overall health improvement, and to strengthen athletic skills for enjoyment.

This 4 week program will **introduce you to cardiovascular and strength training using our**

gym amenities. Foundations of Fitness will use a variety of equipment including **dumbbells, resistance bands, cable machines, stability balls, Bosu** and your own **body weight.**

In this small group program you will...

- Improve exercise form and technique, and learn how to breath correctly during exercise.
- Understand how to gauge exercise intensity while working out.
- Develop your own exercise routines for all major body muscle groups.
- Development of fitness goals and how to achieve them.
- Understand the importance of warm ups and cool downs pre/post workout.
- Learn how to incorporate balance conditioning into your workout routine.
- Understand the importance of stretching and proper techniques.