



New to the Strive Centre

Physical Fitness Programs

ADAPTED BASKETBALL



ARE YOU INTERESTED IN BEING ACTIVE AND HAVING FUN? GUESS WHAT? ADAPTED BASKETBALL IS BEING BROUGHT BACK FOR THE MONTH OF JULY! ADAPTED BASKETBALL WILL BE FOCUSING ON DEVELOPING THE KEY COMPONENTS OF BASKETBALL WHICH INCLUDE PASSING, DRIBBLING, SHOOTING AND MOST OF ALL, HAVING FUN! THE PROGRAM IS OPENED TO EVERYONE.

MONDAY'S 1:00 - 2:30 PM

STARTING JULY 18TH, REGISTRATION - ONLY

RESISTANCE TRAINING



RESISTANCE TRAINING PROMOTES INDEPENDENCE BY ENHANCING ACTIVITIES OF DAILY LIVING. LED BY A CERTIFIED PERSONAL TRAINER, THE PROGRAM WILL INTRODUCE NEW TECHNIQUES AND EXERCISES THAT WILL DEVELOP MUSCULAR STRENGTH AND ENDURANCE. COME CHECK IT OUT, LEARN NEW EXERCISES THAT YOU CAN DO FROM HOME!

THIS PROGRAM IS FOR ALL INDIVIDUALS.
TUESDAY'S 1:00 - 2:00 PM & THURSDAY'S 11:00-12:00
STARTING JULY 19TH & 21ST, REGISTRATION - ONLY

WII BALANCE



WII BALANCE COMBINES EXERCISE AND FUN BY USING THE NINTENDO WII! WII BALANCE OFFERS A VARIETY OF FUN GAMES AND EXERCISE THAT IS USED TO DEVELOP YOUR BALANCE AND COORDINATION WITHIN A FUN ATMOSPHERE! COME OUT AND HAVE SOME FUN!

THURSDAY'S 2:00 - 3:00 PM

STARTING JULY 21ST, REGISTRATION - ONLY

GYM ORIENTATION



GYM ORIENTATION INTRODUCES YOU TO THE HEALTH BENEFITS OF PHYSICAL FITNESS, AS WELL AS HOW TO SAFELY USE THE EQUIPMENT. WE WILL HELP YOU TO IDENTIFY, ACHIEVE, AND MAINTAIN YOUR HEALTH GOALS BY DEVELOPING YOUR OWN EXERCISE PLAN.

FRIDAY'S 11:30 - 12:30 PM

STARTING JULY 22ND, REGISTRATION - ONLY

THESE PROGRAMS ARE FACILITATED BY A CERTIFIED PERSONAL TRAINER (ACSM-CPT)

