

# SPORTS MEDICINE PROGRAMS – September 7 to October 30, 2010

## HEAT: High Energy Athletic Training



A no nonsense workout that will challenge you like never before but will offer progressions and modifications that will allow you to progress at your own level. A fun, dynamic workout designed to work every muscle in your body and leave you sweaty and satisfied. Each session will deliver power, core strength and balance with total body strength and endurance. This program will find the athlete in you whether you are a weekend warrior, a runner, a competitive athlete or an individual looking for overall health and wellness. Participants will receive hands-on coaching and teaching with individual and group exercise prescription while thriving off the energy, motivation and camaraderie of the group session.

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	HEAT	HEAT	HEAT	HEAT	HEAT	
7:00 AM	HEAT		HEAT		HEAT	
8:00 AM	HEAT		HEAT		HEAT	
9:00 AM						ADULTS
10:00 AM	HEAT		HEAT		HEAT	
7:00 PM		HEAT		HEAT		

### Pricing: All prices subject to HST

4x/week= \$12/session

2x/week= \$20/session

Athletic Therapy Clients= \$30/session

3x/week= \$15/session

1x/week= \$22/session

**Check your Extended Health Care plan today to see if you have Athletic Therapy coverage.**

Visit [www.mindtomuscle.ca](http://www.mindtomuscle.ca) for more information.