

WALK FOR LIFE FITNESS PROGRAM

An fun outdoor exercise program for women 55+.

Improve cardiovascular fitness, strength, posture & balance.

YOU WILL:

- Get fit, feel strong and confident in your body
- Lose body fat
- Build muscle, bone health and be sure on your feet
- Increase energy and vitality



PROGRAM INCLUDES:

- Private 1-on-1 health assessment
- Body composition analysis at beginning, middle & end
- Two 4 week camps (meet twice per week)
- All necessary equipment

**MEET LIKE-MINDED WOMEN IN A SUPPORTIVE AND
MOTIVATING ENVIRONMENT.**

*(** Program locations will always be close to a biffy!)*

REGISTRATION INFORMATION:

- **1st CAMP:** April 26—May 21st
- **2nd CAMP:** May 27—June 21st
- **Cost:** \$144 per camp (\$136 if re-registering for 2nd camp.)
- **Day & Time:** Mondays & Thursdays 8:15—9:15 am
- * Maximum 15 clients per camp. **Registration deadline April 21st**

REGISTER in person or by phone:

604.943.8823 5514—12th Ave, Tsw (beside Panago Pizza)



TSAAWVASSEN WELLNESS CENTRE

5514—12th Ave, Tsaawwassen, BC

604.943.8823 www.twconline.ca