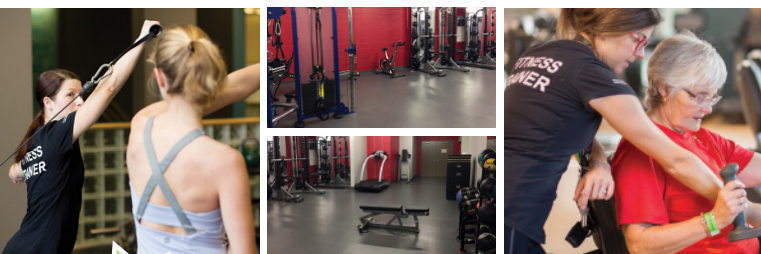


fitness Training

Our fitness philosophy is built on expert guidance and motivation.



Private training room at Millennium Place

Program Design

Individual Sessions

Partner Training



Contact us today for more information.

Ardrossan Recreation Complex	780-400-2079
Glen Allan Recreation Complex	780-410-6557
Millennium Place	780-416-7212

fitnesstrainingservices@strathcona.ca

www.strathcona.ca/fitness

TEAM training

fitness services

Work with our certified trainers to improve your team's performance.

Enjoy a variety of training options tailored to the sport and age range of your team including:

- Speed and Agility
- Strength and Flexibility
- Power and Plyometrics
- Specialty team classes including Yoga, Zumba and Cycle



Ardrossan Recreation Complex
780-400-2077
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