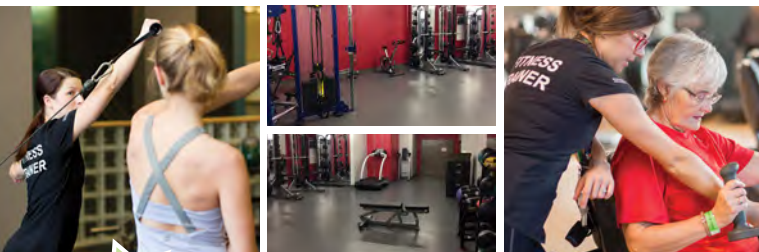


# fitness Training

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](mailto:fitnesstrainingservices@strathcona.ca)

[strathcona.ca/fitness](http://strathcona.ca/fitness)

# TEAM training

fitness services

*Bring in your athletes to work with our certified trainers and 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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[strathcona.ca/teamtraining](http://strathcona.ca/teamtraining)