



Push yourself to your limits and beyond...learn new exercises for stability, balance and strengthening...prepare for the demands of recreational sports! Our *Fit to Play* group fitness classes are designed to reduce your risk of injury and enhance strength and stamina. Play longer...play stronger!

Our *Fit to Play* group fitness classes are designed specifically to prepare you for the demands of recreational sports! They are high intensity group classes that focus on dynamic conditioning and the development of core strength, balance and responsiveness. They also help overcome the muscle imbalances of particular sports.

Evolution designs *Fit to Play* group fitness classes and training programs for the most common and demanding sporting activities in Fernie:

- ✓ Skiing
- ✓ Snowboarding
- ✓ Golf
- ✓ Mountain Biking

Your First Class

Classes are held in our *Fit to Play Conditioning Zone*, with a maximum of 16 participants. They are taught by sports training professionals (Kinesiologists, Chiropractors, Physio-Therapists...and more!) and are equipment oriented, taking advantage of weighted balls, resistance tubes/bands, exercise balls, and Steps. Often the class will setup timed circuit stations.



Ready to play? Here's all you need to get started:

- ✓ Comfortable workout clothes
- ✓ A water bottle
- ✓ Lots of enthusiasm!

Fit to Play Class Tips

- ✓ **Ask questions:** If you are unsure of a pose or movement,.
- ✓ **Do a warm up:** Cold muscles, tendons and ligaments are more vulnerable to injury.
- ✓ **Hydrate:** Before, during and after class!
- ✓ **Don't be late:** Once the doors are closed...the class has already begun!
- ✓ **Don't forget to register:** *Fit to Play* classes are included with your evolution membership but you must reserve your spot! Phone or see our front desk today!

