



TRUE NORTH WEST ACADEMY

March LIVESTREAM Schedule

"FIX YOUR FIT"

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15	FIT SPLIT <i>Cardio & Sculpt</i>		FIT SPLIT <i>Cardio & Sculpt</i>		FUN FRIDAY <i>Balance & Core</i>	FIT SPLIT <i>Cardio & Sculpt</i>	
10:00	FEET 2 FINGERS <i>Fix Mobility</i>		FEET 2 FINGERS <i>Fix Mobility</i>		FEET 2 FINGERS <i>Fix Mobility</i>		
5:00pm	THE ART OF COOKING <i>Cooking Classes</i>						

Subscriptions: Single Class Purchases & Monthly Memberships

MOVEMENT & EXERCISE

(30 min)

FIT SPLIT GET FIT

The perfect mix of cardio and full functional muscle conditioning exercises to make the most of our 30 minutes together. Interval training via sequences to provide bouts of hard work to bouts of moderate work. Everything has an option. The benefits of this program are E.P.O.C. (exercise post oxygen consumption)!

FUN FRIDAY FIX YOUR FIT

Activate & Coordinate. Balance and core with games and progression are the focus of this weekly workout.

FEET 2 FINGERS LET'S FIX

A program for those looking to exercise from a seated position. You will experience exercises and movement that is; stabilized, joint specific, circulation enhancing, sit to standing, pain free, posture enhancing, in home, and increasing the quality of life. This whole program can be done from a chair or, to challenge your core and balance more, you can do it on a stability ball. Our goal is to teach you safe, exercises, while engaging the mind to make your daily activities easier from FEET 2 FINGERS.

COOKING & NUTRITION

THE ART OF COOKING

March is Nutrition Month. On the menu is 4 cooking classes. You will be given *The Art of Cooking Guide* at the beginning of the month for preparation on all the cooking classes. LIVE STREAM platform ZOOM.

LIVE YOUR LIFE

1-ON-1

"Personalized Lifestyle Passes"- Goal Setting, Assessments, Progress Tracking & Nutrition 1-3x a week. – contact Kim