



**ASCEND**  
MOVEMENT



## FUNDAMENTALS OF STRENGTH & CONDITIONING

This 6-week class is for some of our youngest movers. Goals for this class are to build fundamental movement skills, a greater awareness of alignment and motor control, and to prepare young teens for future strength and conditioning activities.

Sessions will progress over the 6-weeks with activities involving challenging balance and agility activities, body weight movements (integrating suspension trainers), and basic lifting, carrying and movement with age-appropriate loading/weights.

**Mondays**  
**3:30 - 4:30pm**  
**Sept 20 - Nov 1**  
**& Nov 8 - Dec 13**

**Ascend Movement Studio**  
196 Spokane St

**\$90/6-class series**

To register please contact:

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