

TEEN FITNESS

SEASON 5



with Christina Dotson + Graham Frith at Waterfront Wellness

Workouts will include:

Blaze Pods, Spinning, Circuits,
Kickboxing + Yoga for athletes

Benefits:

Improved fitness, strength,
coordination, agility + some
feel-good endorphins!

The details:

4 - 5PM on Tuesdays + Thursdays for
4-weeks beginning Tues April 25th
\$160 (or \$210 with healthy snacks!)

**EXCITING
AFTER-SCHOOL
FITNESS FOR
12-16 YEAR OLDS!**

Contact Christina for more info:
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