

# TEEN FITNESS



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 Feb 28th 2022  
\$160 (or \$210 with healthy snacks!)

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

Contact Christina for more info:  
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