

ATHLETE DEVELOPMENT PROGRAM

(NEW PROGRAM - DON'T MISS OUT – limited space available (15 spots))

For the first time ever, we are opening our doors with open gym sessions where athletes will have the opportunity to have a personal training program designed based on their needs and availability to benefit from our training year-round.

About the program:

- Program starts Monday October 28th to December 19th, 2024 (7 weeks) and will resume January 6th, 2025.
- Regularly upgraded training programs to ensure constant progression.
- BizzFitness has been operating since 1999 and has worked with local athletes of all sports such as Artistic Swimming, Swimming, Hockey, Rugby, Football, Baseball, Martial Arts, Soccer, Boxing, Gymnastics, Cross Country Skiing, etc.
- Coach onsite, every session, to help with lifting techniques and motivation.
- Open gym day / time: Monday 8:00 p.m., Tuesday 6:45 p.m., Wednesday: 5:15 p.m., Thursday 8:00 p.m.
- The open gym will be available for 75 min. each session; however, the length of each workout will be designed according to the athlete's availability and needs. (Shorter, more efficient workouts can be developed to fit our athletes scheduling needs.)
- Participants can attend up to 4 sessions weekly.
- Cost \$279.000 (HST included) for (7 weeks)
- Send your registration form and payment to register and secure your spot.

