

Paddleboard Strength Training Class



Wellness
GARAGE

Lifestyle Medicine Clinic

The SUP program is an 8 session, 4 week program designed to prepare you for stand-up paddleboarding through strength, balance, and movement training. The program will finish with a group paddleboarding session at the beach in White Rock. The class is open to people of all ages and fitness levels.

Strength Training
to help you feel
STRONG and
CONFIDENT to start
paddleboarding

WHEN

5:30pm-6:30pm Mondays & Wednesdays
May 27-June 24 with availability
to sign up for 5 or 9 sessions.

WHERE

The Wellness Garage-15165 Russell Ave, White Rock
Our final session, we will meet at East Beach in White Rock
to put our strength to the test!

COST

5 sessions **\$65 WG Member / \$80 Non-Member**
9 sessions **\$130 WG Member / \$160 Non-Member**

(There will be an additional cost for SUP Board rental for our final session)

TO REGISTER

Email kim@wellnessgarage.ca
or call the Garage **604-535-7010**

**SIGN UP NOW
AS SPACES ARE LIMITED
TO 8 PARTICIPANTS!**

