



**Wellness**  
GARAGE

Lifestyle Medicine Clinic

# Small Group Strength Training

Wellness Garage is excited to offer small group strength and conditioning classes for individuals who are looking for more personalized workouts in a supportive environment. Classes are sold in packages of 4 sessions and run continuously except on holidays.

## Learn To Lift

This class is perfect for people who are new to strength training or want to learn how to design and perform workouts confidently on their own. Each class will include: individualized instruction, application of exercises and resources to take home.

**Fridays 8:00-9:00 am**

4 sessions **\$200**

## Strength & Conditioning for Men or Women

These classes are designed for anybody who is looking to increase their strength and conditioning. The small group structure allows for individualized support and focus on improving technique while getting a solid workout for the day!

**MEN**

**Mondays & Wednesdays**  
5:00-6:00 pm

4 sessions **\$100**

12 sessions **\$300**

**WOMEN**

**Tuesdays & Thursdays**  
9:00-10:00 am



Register online @ [wellnessgarage.ca/experiences](https://wellnessgarage.ca/experiences).  
Email [kim@wellnessgarage.ca](mailto:kim@wellnessgarage.ca) or [tyler@wellnessgarage.ca](mailto:tyler@wellnessgarage.ca)  
**Space is limited to 4 participants per session.**

**TYLER BROWN**  
Exercise Physiologist

**20%  
DISCOUNT**  
WELLNESS GARAGE  
MEMBERS

