



SUPERVISED EXERCISE PROGRAM

Exercise in the Penhold Multiplex Fitness Centre under the supervision of a PCN Exercise Specialist.



Tuesdays and Thursdays



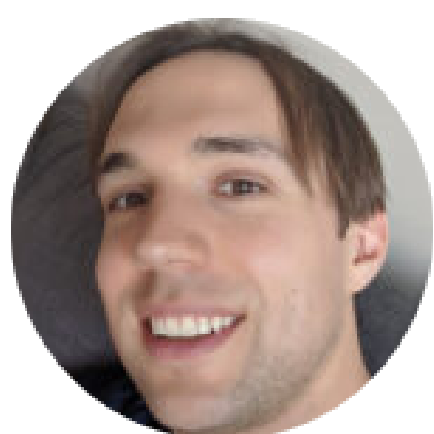
9:00 AM - 12:00 PM



**Monthly gym membership fee
(\$20/month if 55 or older)**

This program is for those who want to learn to exercise safely and properly in a gym in order to prevent, manage, or treat chronic health conditions; and/or to maintain or improve their fitness in order to enhance their day-to-day functioning and quality of life.

Get an individualized exercise program and coaching from a qualified fitness professional. Registration is required. If you are interested, or for more information, use the contact information below to contact Brad or speak to him in person at the Penhold Multiplex Fitness Centre.



Brad

Exercise Specialist

Wolf Creek Primary Care Network

BKin, ACSM Certified Exercise Physiologist



brad.pawluik@wpcpn.ca

<https://wolfcreekpcn.com/programs-and-classes/supervised-exercise-program-penhold/>