

FIT TOGETHER

INCLUSION • PARTNERSHIP • COMMUNITY

A SPORTS AND EXERCISE PROGRAM

WHAT	<p>FREE exercise and sport program involving:</p> <ul style="list-style-type: none"> • one-to-one personal fitness training • cardiovascular and strength training • sports and games
WHEN	<p>Two sessions per week: January 7th, 2019 to April 4th, 2019</p>
WHERE	<p>St. Denis Centre, University of Windsor</p>
WHO	<p>Adults (16+ years) with an intellectual disability.</p> <p>You need:</p> <ul style="list-style-type: none"> • Medical clearance (standard form provided) • Comfortable clothes and shoes (we provide t-shirts!) • Available for all 26 sessions (2x per week for 13 weeks)
WHY	<p>Unique opportunity to have fun while learning exercise routines and sport skills.</p>
HOW	<p>If interested in Fit Together please complete the registration form and return to: apex@uwindsor.ca</p> <p>Deadline to Apply: November 30th, 2018</p> <p><i>Participant spots will be filled on a first come, first served basis.</i></p>



For additional information contact:

fit.together@communitylivingessex.org

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University of Windsor

