

# Parent Fit

**Parent Fit** is a comprehensive fitness program that combines live instruction and assigned workouts, along with Fitness Level Tests, that together will help you get leaner, become stronger, and achieve your fitness goals.

## How does it work?

Each Wednesday you will receive a new workout. During class time you will learn precisely how to do it, including correct form, number of sets/reps, and overall time. You will also be advised on modifications if necessary. The class time will be devoted to LEARNING - asking questions, practicing your workout, and getting feedback.

After class, you will be expected to do your workout on your own 3 times during the following week.

At the next class you will receive the next workout, and the cycle will repeat like this over each 6 week term.

## What about Fitness Tests?

For the first five weeks of each term, your workouts are designed to get you ready to pass a Fitness Level Test. At the end of the 5th week you will be notified by me if you are ready to test. Level Tests will be offered on the 6th week of each term.

If you pass a Level Test, you will progress in your training and start working to pass the next Level Test. For example; if you pass the Level 1 Fitness Test you will begin training to pass Level 2. Once you pass Level 2 you will begin working toward Level 3, and so on.

## Will I need anything?

During the class times, I'll be bringing in what will be needed to demonstrate and practice. However, depending on the Level you're working toward, there will be a minimal amount of equipment you'll need to have access to either at home or at a gym you use for your workouts. The equipment needed can easily be found in most any gym, or purchased at a reasonable cost.

## What if I have a prior injury or medical condition?

In order to participate, all you need is to have basic (normal) mobility. That is, you will need to be able to ultimately perform movements that involve a basic push, pull, hinge, and squat. If you're unsure at all, just get in touch with me and I can help you determine if this is a good fit.