



Capital Region Archery Club

Fitness Training for Archers

Capital Region Archery Club is pleased to announce that we will be offering a 3 hour group session with a Certified Personal Trainer. This workshop will take place at the Kinsmen Sport Centre in downtown Edmonton (bottom of Walter Dale Hill), partly classroom based and partly weight room based, and include:

- 1 Stretching and Shoulder Care
- 2 Exercises and Basic Programming
- 3 Basic Nutrition
- 4 Other Topics

The certified personal trainer presenting is Brenna Bouchard, a former shooting member of CRAC.

Course Date: 2018 June 3 (Sunday) from 2pm to 5pm

Maximum class size is 25. Minimum age of 16 years.

Please bring workout clothes and proper footwear to wear in the gym. Coin-op lockers require (2) quarters. Some self-lock (bring your own lock) lockers are available also.

The cost for the workshop will be \$40 per participant for the Session. Use of Kinsmen's facilities beyond this workshop will require payment of an admission fee.

Fee payment is required for registration and must be received by 2018 May 31st. Contact David Austen dausten@compusmart.ab.ca for further information and to register.