



Improve your.....

SPEED

agility

quickness

strength

- 6 week Summer program begins July 7
\$150.00 GST Included



www.onetoonefitness.ca

613-962-2032X23



- Ages 8 and up
- Spring conditioning programs
- Strength Training programs
- Summer speed, agility, Quickness conditioning
- Individual & Team Programs



Call about our programs
613-962-2032
Andrea X23
Derek X22