



JobFit is a fun, free exercise program where you will benefit from health and fitness activities over an 8 week program.

Our program is run by fully qualified Personal Trainers.

Activities include:

Low impact aerobics / cardio

Toning and resistance exercises

Relaxation and stretching exercises (including abdominal exercises)

Fun boxing sessions

"It has given me the motivation I've needed to get healthier, for myself and for my family"

"I would really like to thank everyone as it has given me a new lease on life"

"It was great to meet new friends and build confidence"

Consider these features:

- ▶ Small groups
- ▶ Run by qualified person trainers
- ▶ Initial fitness assessments
- ▶ Different activities
- ▶ Nutritional information
- ▶ Tailored fitness program cards
- ▶ Evaluation of results

How JobFit can help you:

- ▶ Improved your fitness and general wellbeing
- ▶ Provide better nutritional habits
- ▶ Meet new people
- ▶ Regular exercise is proven to assist with reducing depression and anxiety
- ▶ Learn about a healthier lifestyle
- ▶ And enjoy being you!

Your next JobFit workshop will be held:

Date: _____ Time: _____

Location: _____

Please see your Pathway Coach to reserve your place in the workshop.