

*Join Crossroads Sports Academy and
Lation Fitness Studios for*



FITNESS ANGELS FOR 55

*12 Hours of Fitness Madness followed by our
Christmas Brunch Party*

*This holiday season, make your contribution
to local community families in need and have a
hamper load of fun in the process!*

**HELP US IN SUPPORT OF COMMUNITY
CENTRE 55's**

*Teen Angel and
Adopt a
Family Programs*

**FRI., DECEMBER 4: 4:00pm-10:00pm
SAT., DECEMBER 5: 7:00am- 1:00pm**

All you have to do is:

- Commit to participating in one or more of our many group training sessions over the course of 12 hours - so many fun sessions to choose from.
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- Raise and submit the minimum fee (by sponsors or full donation) of \$50 (tax receipts will be issued for any donation of \$10 or more)

*Take a new direction this month: build a
Community Contribution Team at*





CROSSROADS SPORTS ACADEMY
*Where desire meets decision and commitment meets achievement.
Reaching beyond your best.*

REGISTER ON LINE AT:

<http://www.crossroadssportsacademy.com/fitness-angels-for-community-55/>



CHECK OUT THE FITNESS MARATHON FUN:

Class Start Time	Friday DEC. 4	Saturday DEC. 5
7:00am		ENDURANCE CYCLE CHALLENGE -1.5 HOURS Dan ADULT BODY BLAST Toni
8:30am		YOUTH CONDITIONING (7-10 year olds) Bob
9:30am		SIN CITY CYCLE David YOUTH CONDITIONING (11-15 years) Bob
4:30pm	TEEN CYCLE & CORE CHALLENGE (13-17 YRS) Toni	***10:30AM*** FUSION RECOVERY Toni
5:30pm	YOUTH CONDITIONING (7-10 YEARS) Bob	***11:30am*** FAMILY SPEED AND AGILITY GAMES AND MORE TONI & BOB
6:30pm	YOUTH CONDITIONING (11-17 YEARS) Bob	***12:30NOON*** FAMILY FUSION TBD
7:30pm	WOMEN'S ONLY CONDITIONING BOB INTERVAL CYCLING CHALLENGE TBD	***1:30 PM CHRISTMAS BRUNCH CELEBRATION*** 
8:30pm	PJ FUSION TONI	
9:30pm	PM YOGA TBD	

CYCLE: ENDURANCE, INTERVALS, HILLS, THEMES AND MORE:

An **Integrated Indoor Cycling Program** developed for athletes and beginners alike. Whether you are a triathlete or a weekend warrior, let us help you become a stronger cyclist. We use inspiring music, with motivational and experienced trainers and the newest in indoor cycling technology, featuring the 2009 Schwinn IC Pro Bikes. Indoor cycling is a great cardio, core and lower body workout for all levels of fitness. Please arrive 5 minutes early for bike set up.

CYCLE TO CORE CONTROL

A combination of 30 minutes of heart pumping cycling training followed by 25 minutes of solid core and flexibility training. A good introduction to indoor cycling for newcomers and a solid core workout that will take you through a variety of core exercises including flexion, extension, rotation and stabilization (perfect addition for cross training for the dedicated cyclist). Please arrive 5 minutes early for bike set up.

ADULT BODY BLAST

An interval circuit training workshop utilizing various fitness tools, strength training and cardiovascular work. Train functionally and efficiently, for strength and full body fitness in fast paced, efficient workout designed to inspire and challenge. All fitness levels welcome. Max. 6 participants per session.

FUSION & FUSION RECOVERY: This session addresses joint mobility, myo-facial release, and flexibility. This session is designed to improve range of motion and flexibility providing your body with the recovery it requires. Each class will begin with dynamic range of motion and joint mobility work, followed by myo-facial release and athletic flexibility training.

YOUTH CONDITIONING: Dry land training is a key component to improving athletic performance in any sport. This class will be geared at youth ages 7-16 years old who want to improve their strength, flexibility, speed and cardiovascular endurance.

WOMEN'S CONDITIONING: Ladies don't sit on the sideline and watch you children get fit. Take control of your own fitness needs as you join Bob for an after hours women's boot camp.

www.crossroadssportsacademy.com
3198 Danforth Ave. (just east of Victoria Park)
416-699-2767