

Attain Your Goals

- Improved fitness results in weight loss, lower blood pressure, improved joint health, and reduced stress.
- Set short term attainable goals. **Effort over time = success!**
-  Fitness needs to be a life-long strategy. FWP's unique way of combining fitness with continuous learning keeps you motivated.
-  FWP allows you to set goals that are challenging but not intimidating. You will be encouraged to improve, but never pushed beyond your means.

**“How do you eat an elephant?
One bite at a time!”**

Objectives and ability are things unique to each of us; at FWP everyone is treated as an individual. As older adults, we often have physical constraints and concerns that we didn't have when we were younger, so individual consideration becomes an important element of any fitness program.

FWP provides a supportive, inclusive environment where you will increase your level of fitness, develop friendships with like-minded people, and improve all aspects of your physical well-being.

**“In the end it's not the years in
your life that count;
it's the life in your years!”**

**“A journey of a thousand miles
begins with a single step.”
make this your first step!**

Contact Lloyd Today to schedule your
free trial week of classes

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or visit

www.waterloofit.com



**With five classes a week to choose from it's
easy to fit into your busy schedule. You can
attend as many classes a week as you like and
with three payment plans to choose from
(3 month, 6 month, and 12 month) it's easy to
fit into your budget.**

Fitness

With a

Purpose

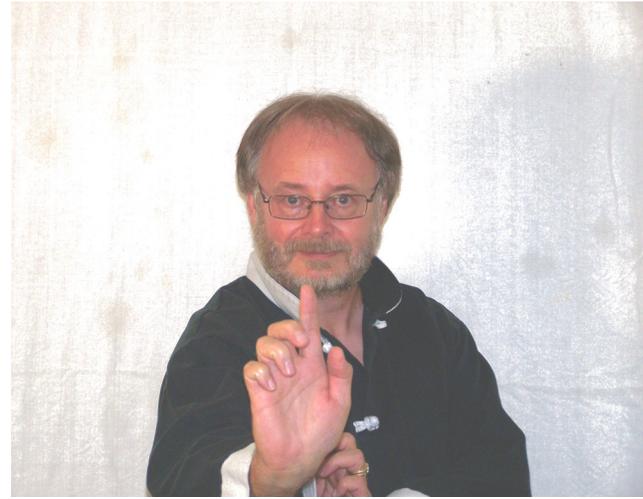


**A unique fitness program
specifically designed to
meet the needs of adults
over 45.**

This unique fitness program emphasizes “4 Pillars of Fitness” essential for older adults. Flexibility, strength, aerobics, and balance. We also place high importance on internal balance through various stress management techniques.

It’s no secret that the frequency and amount of physical activity we get is directly related to our overall health and well being. An improved level of fitness combined with the acute body awareness you will acquire during your training is sure to improve all facets of your life.

You will find that FWP is much more than a fitness program; it will become an important part of your lifestyle.



Sifu Lloyd Fridenburg

has over 20 years of experience teaching students of all ages and ability levels, and holds a 4th Degree Black Sash in Shaolin 5 Animal Kung Fu.

My goal is simple; I want to help you improve your quality of life through a carefully crafted, well rounded, fitness program utilizing centuries old exercises and techniques found in the martial arts.

Aerobics, Strength, Agility, Balance, Flexibility, Self-Defense

BEGINNER

We introduce you to basic aspects of strength training, flexibility training, and aerobic training with a strong emphasis on posture, balance and agility. You learn fundamental self-defense techniques that will leave you with a greater sense of awareness, increased confidence and a sense of empowerment. Take control of stressful situations by learning the basics of diaphragmatic breathing.

Level I

As you continue to build on the basic skills you have learned you begin to explore basic nerve points and how to use them effectively. while continuing to improve your strength, flexibility balance and agility through more progressive exercises. Your enhanced body awareness will help as you begin to study the fundamentals of control tactics, and how to handle yourself in a variety of potentially threatening situations. You will continue to enhance your stress management and relaxation skills as we continue to build on the techniques you are now familiar with.

Level II

Great emphasis is placed on improving previously learned skills. At this level we introduce the fundamentals of using a cane as a defensive tool through a series of exercises and moving techniques called a “form”. As you’re exposed to more rigorous exercises and techniques your balance, flexibility, strength, agility, and aerobic capacity will continue to improve..

As your skills continue to evolve you start to learn more advanced defensive skills that are enhanced with an increased knowledge of nerve points and counter strikes.

As your level of fitness increases so does your skill and knowledge. Continuous improvement is the cornerstone of FWP!

Level III

Aside from the continuous improvement of all of your aerobic, strength, flexibility, and agility skills you begin to learn specific techniques that enable you to use a common cane as an effective defensive tool. You will begin to learn more advanced stress management techniques and begin to lead some warm-ups and assist in the teaching of lower ranked students when required.

Level iv

At this level you will refine and master all of the techniques you have learned to date, while maintaining that high level of fitness you have come to enjoy. More of the elements of Chinese Kung Fu will be introduced into your training and skills will become more individualized to suit your specific interests. Students have the opportunity to work towards becoming an FWP instructor.

Testimonials

"I look forward to the class, it is a welcome enjoyable highlight in the middle of the day."

"I can see self-improvement in all areas of the curriculum. You have an excellent understanding of what is required to provide a well- rounded fitness program."

"Keep doing what you are doing. It is clear that you tailor the class to meet the needs of the people who are at that class. Everyone is benefitting from your wide range of expertise. You keep up the pace of the class to challenge everyone."

"Awesome - patient friendly instructor puts everyone at ease!"

"I only wish I would have joined earlier!"

"Great to be in a group and helpful to have options for class times available."