

WELCOME TO ABL FITNESS



www.ABLFitness.org



**WE MEET AT THE FRONT OF THE GYM.
MAKE SURE TO HAVE THE FOLLOWING**



**SHOES
TIED**



**WATER
BOTTLE**



**GREAT
ATTITUDE**

MEET THE COACHES



KAREN



SYDNEY



ABIGAIL



ARIYANNA



KENZIE



SUSAN

They're always ready to make your workouts both fun and safe, turning every session into an exciting journey toward your fitness goals!

SCHEDULE



We start with Circle Time where we do introductions, dive into our Question of the Day, and then walk through the exciting schedule ahead

SCHEDULE



Warm-Up



Skill/Strength
move



Workout

SCHEDULE



Warm-Up

Skill/Strength
move

Activity



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SCHEDULE



We'll wrap up with a discussion, cheer each other on with a big 'Go Fitness!', and then say our goodbyes until next time!



Here are some things we might try:



If I need a break, I can tell
the coach I need a break.
Then I can safely sit down
and drink some water.



Bathrooms are available

Make sure to tell the coach before you go so we know where you are



My coaches and friends are here to help me. I will have fun and learn new things!



I'm so proud of myself! Every workout is a challenge, but it's also so much fun!

