



The Ultimate Skipping Rope Workout

\$39 + GST Early Bird - (Received at least 3 weeks prior to course)

\$49 + GST Regular Fee (Received within 3 weeks prior to course)

\$59 + GST On-Site Registration Fee

Can-fit-Pro accredited for 1 CEC's for both PTS, FIS
BCRPA accredited for 1.5 CEC's towards recertification
AFLCA accredited for 1.5 CEC's towards recertification
YMCA recognized for 1.5 hours towards recertification

Course Description: (2 Hours) Designed for a unique alternative cardio or warm-up segment incorporating "real" boxing & kickboxing skipping (with & W/O) rope techniques. Learn how to select the right rope and footwear, and learn 10 (one rope) basic yet challenging combination skipping patterns and a 10-Round Champ Routine for group fitness or PT sessions.

This workshop is for PTS & FIS.