



## The Program:

The students enrolled in the Superfit Focus Classes at Blessed Trinity Catholic Secondary School are provided cardiovascular and weight training through out the semester in conjunction with the Ontario Physical Education Curriculum.

- TRX Suspension Training
- Cross Fit Training
- Navy Seals & MMA Training
- Battle Ropes & Parachute Training
- Advanced Weight & Cardiovascular Training
- Medicine Ball & Landmine Training
- Speed-Agility-Balance & Plyometric Training
- Boxing, Yoga & Rowing
- Open to Male & Female Students

