



TRY A FREE CLASS

Step One - Prenatal Medical Form

If you are pregnant, complete and sign a PARmedX for Pregnancy form with your doctor or midwife.

This form is mandatory for all pregnant participants.

You can get a copy at www.fit4two.ca

Step Two - Find a Class

Visit www.fit4two.ca to find the Fit 4 Two nearest you.

Check out the class schedule in your community.

When you find a class that interests you, click on 'details' for start/end dates and class descriptions.

Step Three - RSVP

Contact your local Fit 4 Two instructor to RSVP.

Be sure to tell her the name, date, time and location of the class you want to attend. Please note: Although most do, not all facilities allow us to offer free trial classes.

Step Four - Attend!

Come to class and have a fun and effective workout!

Connecting moms through fitness since 2003