23235 21 Mile Road

Macomb Twp., MI 48042

Phone: 586.598.0511

jhoppe@hqpt.com

**Program Details**

Max Enrollment: 20

Eligibility: 6–12th grade

Program Cost: 250

## Hi, my name is Jason Hoppe and I’m the Medical Fitness Director for FitnessQuest Macomb. I’d like to introduce you to our S.H.A.P.E. Wellness Program which stands for Shaping Health Awareness through Physical activity and Education.

Our Exercise Specialists will teach your children the foundational components of exercise to effectively reduce risk of injury and promote long term health benefits. We will also speak on proper nutrition for complete lifestyle enrichment!

**Program Outline 2016 Fall Semester (Value $390.00)**

* 6 Weeks (September 26th through November 3rdth)
* 2 training sessions per week (12 total)
* Classes are Monday through Thursday at Noon (pick any 2 days)
* Each session is 45 minutes in duration
* Includes facility access for duration of program for students and parents
* All equipment is provided
* Please sign up by contacting me by phone or email located on the upper left hand side so we can set up a facility orientation.

We look forward to helping S.H.A.P.E. your child’s health!

“Helping People Live Life Well”

# S.H.A.P.E. Wellness Program