

MAGNITUDE'S MILI-MARTIAL FITNESS OBSTACLE COURSE

Looking for something new to promote physical fitness amongst your students?

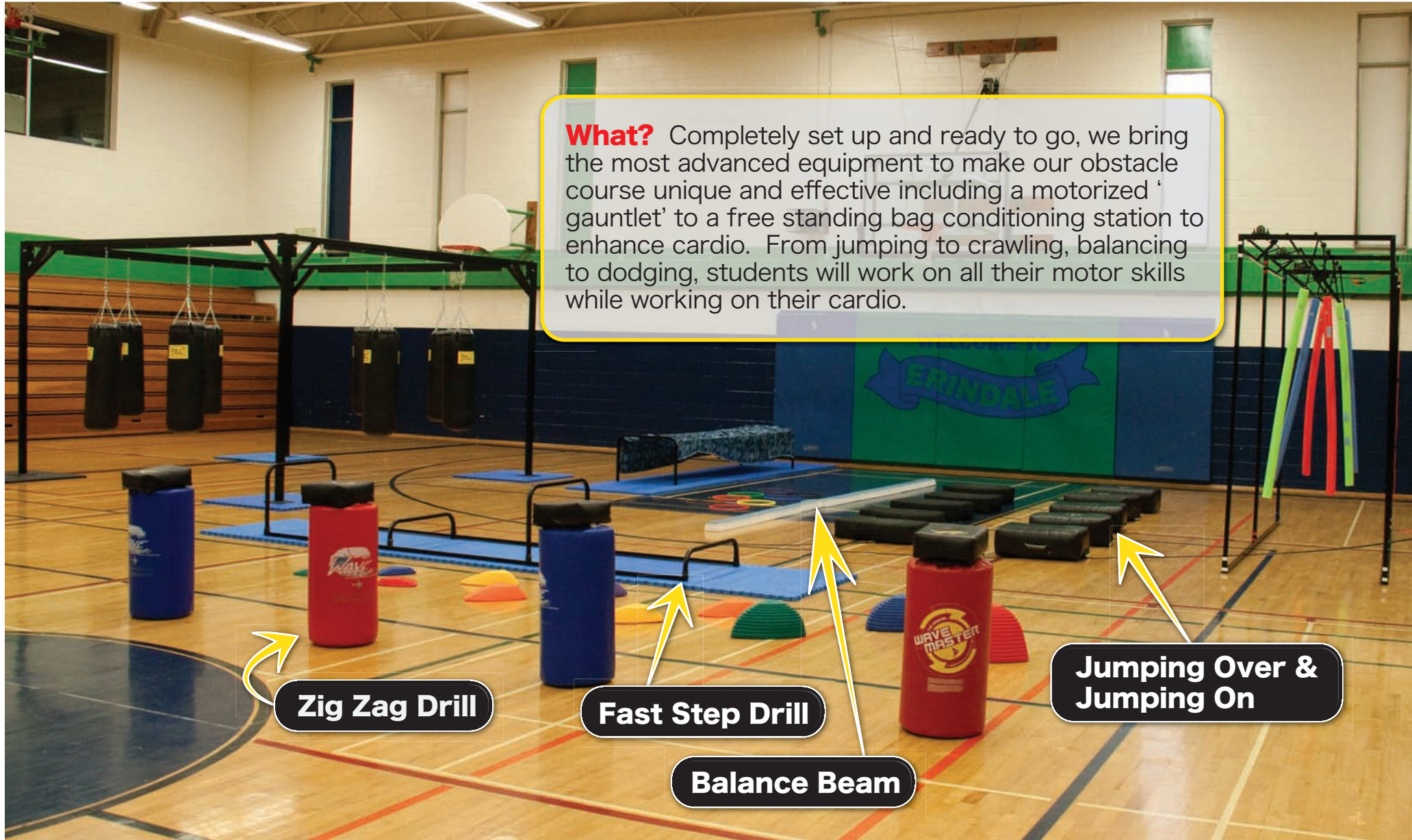
What? Completely set up and ready to go, we bring the most advanced equipment to make our obstacle course unique and effective including a motorized 'gauntlet' to a free standing bag conditioning station to enhance cardio. From jumping to crawling, balancing to dodging, students will work on all their motor skills while working on their cardio.

Zig Zag Drill

Fast Step Drill

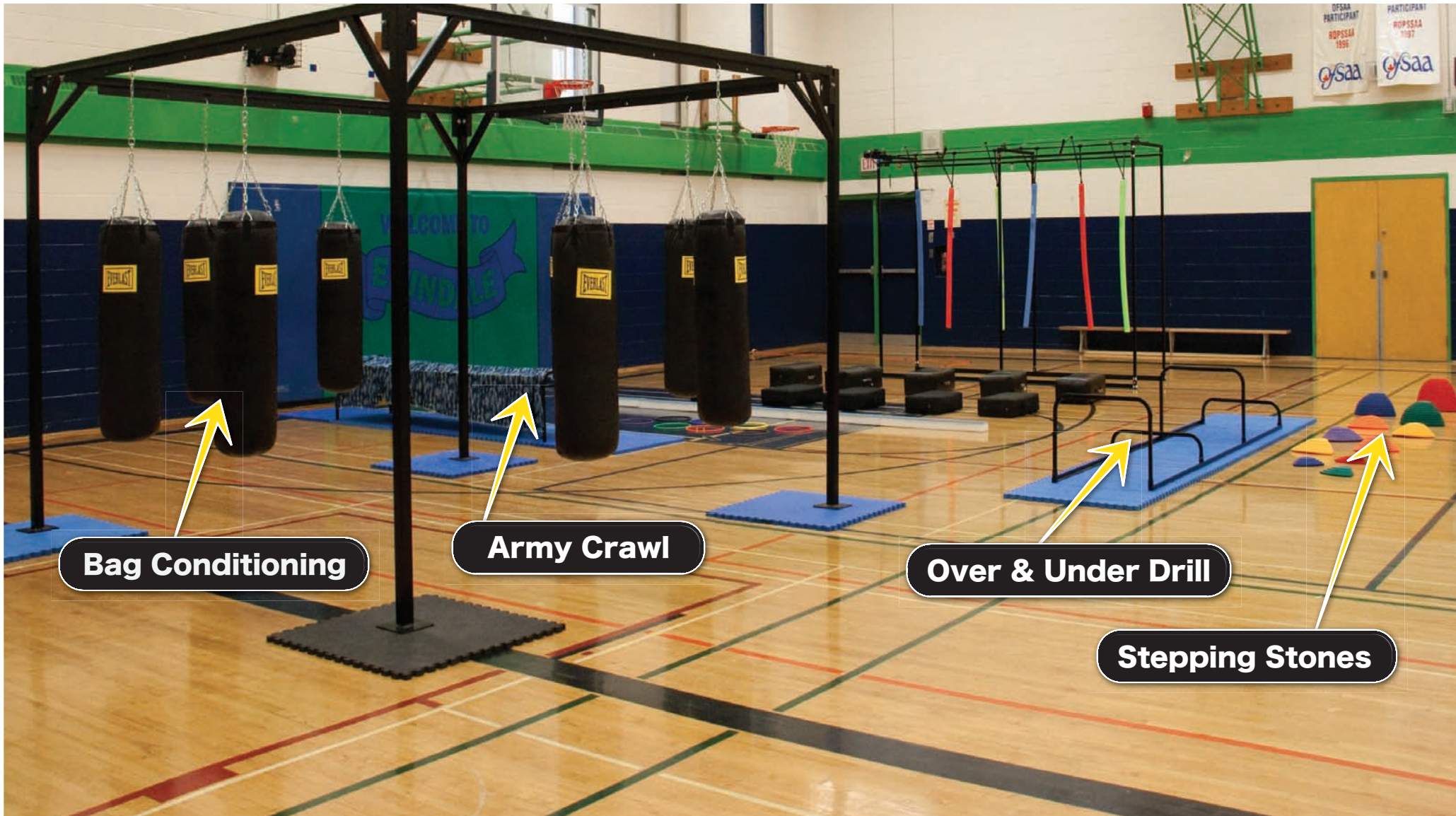
Balance Beam

Jumping Over & Jumping On



Where? At your school. Set-up time is about an hour and your school gym will be transformed into the coolest obstacle course.

Who? One of our experienced Instructors from Magnitude will guide this amazing course to all your students. For elementary schools it would usually run over the course of 1-2 days at 45 minute intervals. For secondary schools, it would be incorporated into their gym class.



How much? \$2.00 per student. Just send a letter out to parents to bring in a toonie to give their child a chance to participate in an entertaining, exercise filled, fun course!

Created by Tae Kwon Do Master and World Champion, Duane Plata. By combining Tae Kwon Do techniques and obstacle course drills from military training, Duane Plata has designed fun filled drills tailored for kids to learn reflexes and enhance motor skills.

We currently run courses at many secondary schools all across Mississauga and Oakville. We also have ran this course at several elementary schools.

Please contact Duane Plata at duane@magnitudewell.com or (905) 820-9355.

