

What is New?

RHN Services

Need help with your digestive issues or diet? Try a Registered Holistic Nutritionist who is also a Personal Trainer. Consultations done by phone/Skype at your convenience. Brochure available in the fitness centre or on our website.

Lunch'nLearn

Would you like to host a wellness based workshop for your employees? We have several new topics including Gut Health and Mindfulness. Contact us for more information and we can send you details.

SPRING FLOW YOGA

Crestwood Fitness
Mondays 4:35 to 5:30pm
4 sessions
April 29 to May 27
(no class May 20th)
\$40.00 plus gst members
\$45.00 plus gst non-members

Crestwood Fitness Spring News



Spring has arrived and it is time to get in shape for outside

Just 6 weeks of Sport Specific training can make a difference in your Spring & Summer activities like tennis, running, volleyball, kayaking and more. Curtis Health Coordinators are Personal Trainers - ask for help!

Spring Plans at Crestwood

ACTIVITY CHALLENGE

Try out our fun Spring Activity Challenge. April 8 to 18th. Just complete the list of exercises and write down your time. Try again to beat your time. We will draw a \$100 gift card towards sports equipment or shoes from all entries!

FREE iHEART TESTING- May 8th 11am-1pm
BG Café, no appointment necessary

How old are you on the inside? Have a chance to check your pulse wave velocity, with this quick 10 minute, non-invasive finger pulse testing equipment which was on Dragon's Den. Our Curtis Health Fitness Tester Manny will be on-site to offer this fun and informative service. There is no charge and we are not selling anything! Mark your calendar.

SPECIAL THANKS TO KINTEC
Curtis Health is partners with kintec - this means you can get a FREE gait analysis at their stores, and there is one in Richmond. Remember to pick up your 15% off discount card or mention you are a Curtis Health Member when you go to kintec to get expert help with your running shoe selection or compression socks etc.

Contact us at crestwoodfitness@curtishealth.com or 604.207.8390
WEBSITE <https://curtishealth.com/crestwood/>

