



PROJECT **FIT**

Sponsored by the Neilsen Foundation, Project Fitness provides weekly fitness classes and an all inclusive facility membership pass to promote a continuum of service, transitioning individuals living with Spinal Cord Injury from the hospital to their home communities. Participants can continue to work on their home rehabilitation program and personal fitness goals. Classes will be taught by a Renown Rehabilitation Hospital Physical Therapist and City of Reno fitness instructor.

TUESDAYS 5:30 - 6:30PM

Evelyn Mount Northeast Community Center - 1301 Valley Road

CLASSES WILL FOCUS ON:

- Orientation to equipment
- Assessing fitness level
- Teaching proper technique to develop strength
- Endurance and flexibility
- Personal fitness goals

Upon completion of the four week course, participants are eligible to receive a **FREE**, all inclusive facility membership which is activated for one full year.

FOR MORE INFORMATION:

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CRAIG H. NEILSEN
FOUNDATION