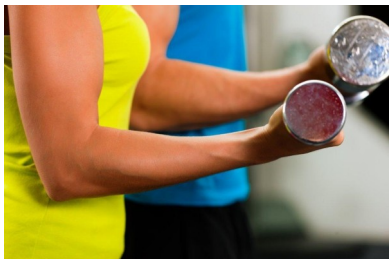


EXERCISE TO HEALTH

Exercise is key to maintaining your health - particularly if you live with serious and chronic health conditions.

Our 12-week program integrates exercise into your daily life—whether you face a new diagnosis or have lived with your condition for many years and want to start exercising.

We introduce you to your own custom, healthy workout regime of resistance and aerobic training suited to your lifestyle, condition and exercise experience.



FIVE POINTS FITNESS

**5651 Paradise Drive,
Corte Madera, Ca. 94925**

medafit@fivepointsfitness.net
www.fivepointsfitness.net
www.renewalretreats.org/medafit



&



present

EXERCISE TO HEALTH



STRENGTH & RESISTANCE TRAINING
FOR PEOPLE LIVING WITH
SERIOUS & CHRONIC
HEALTH CONDITIONS

FIVE POINTS FITNESS
5651 Paradise Drive,
Corte Madera, Ca. 94925



Five Points Fitness is a full-service fitness center in Corte Madera. We proudly introduce a trainer-based, small group exercise program for people living with serious and chronic health conditions.

Our fully-equipped private training floor provides an intimate, welcoming environment. Twice a week sessions allow members to participate in goal-oriented, peer-supported workouts supervised by professional trainers.

A recent fitness survey reports 90% of exercisers prefer group workouts; participants feed off the group energy & support provided by instructors and exercise buddies.

Five Points Fitness & MedaFit introduce this unique, Marin-based exercise plan.

EXERCISE TO HEALTH

12-WEEK SMALL GROUPS

- Personal & custom training
- Specially certified trainers
- 2 classes each week + full gym access throughout
- Semi-private gym floor
- Resistance and aerobic
- Intro to yoga, tai chi, spinning, rowing and more
- Rolling schedule—start and finish to suit you
- Discounted rates
- Discounted gym membership after 12 weeks.



Call **Tristan** at **415 927 9494**
for details.

MEDAFIT

Exercise to Health

MedaFit is an exercise program for people living with serious & chronic health conditions.

Our goal is to link you & your medical team with an exercise routine to make it an easy and enjoyable part of your daily routine.

For cancer, diabetes, arthritis, osteoporosis, Parkinson's, MS, depression, stroke and many more, research shows that exercise can improve your outcome and reduce treatment.

MedaFit & Five Points Fitness helps you get there!

MedaFit is a division of Renewal Retreats, Inc, a California 501c3 (non-profit) corporation.