



REGISTRATION PACKAGE



WELCOME TO F45 DOON

F45's mission is to change lives, but at F45 Doon we take this mantra to a whole level (or age group to be more specific!) We strongly believe that habits start at a young age, and if GOOD habits can be established at the right age they will carry through a lifetime. That's where F45 Prodigy comes in.

Our F45 Prodigy programming is geared towards adolescents and structured to support growth not only physically but mentally as well. Functional training has been proven to provide many benefits for youth participants and when facilitated in a team environment the advantages are something everyone can appreciate:

- Development of teamwork skills
- Opportunities for fun and making new friends
- Boosted confidence and self-esteem
- Development of strong muscles and bones
- Emphasis on developing correct movement mechanics
- Improved coordination, balance and posture

Each of these benefits will help build a stronger, healthier, happier, more resilient individual and that's what we all want for our kids.

Prodigy is the ideal program for competitive athletes who are looking to increase their strength and coordination but even more beneficial for beginners who are new to fitness. This is an inviting team environment, without the pressure of tryouts.

We can't wait to welcome your child to our studio and be a positive addition to their weekly routine! Get ready, your kid's life is about to change!



519-748-4545

DOON@F45TRAINING.COM



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WHAT IS PRODIGY?

Prodigy is the latest innovation from F45, the world's fastest growing functional fitness network, which has been designed to deliver a safe, effective and time-efficient form of physical activity for teens between the ages of 11 to 17.

Prodigy is based on F45's highly successful training ethos already popular in 45 countries around the world. Specifically designed for high-school aged teens, the program has been developed by a dedicated medical team and athletic department at F45 HQ, who have been working extremely hard to modify, re-invent and develop a brand-new program for teens. This program aims to support growing teens with everyday movements while building strength, endurance and overall wellbeing.

Prodigy provides teens the opportunity to develop both physically and mentally in a motivating, team environment.

F45 Doon is the only studio in the Waterloo Region to offer this unique opportunity. With over 20 years experience and specialized certifications, our studio and coaching staff are truly one of a kind.

F45 is an amazing workout! I love F45 Prodigy because this studio has awesome coaches and are very supportive! These workouts make me feel happy and stronger every time. The coaches make sure that everything is at the right pace for you so it's not too easy or too hard! When you walk into this building you feel the great energy from the coaches and the other kids that go there!

K.E | PRODIGY MEMBER

My daughter has been a member of F45 from day one. As an athlete competing in a highly competitive sport I wanted her to feel that she was at her best. F45 Prodigy has done such great things for her. Not only strengthening her body but her mind as well. She has improved in many aspects of her sport, building stronger muscles that help with her jumps and tumbling! The team at F45 Prodigy are knowledgeable and friendly, making for an atmosphere of fun and inclusion. I recommend this program all the time. All teens would benefit from F45 Prodigy.

LESLIE E.

PRODIGY PARENT + F45 MEMBER



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WHAT TO EXPECT:

Our coaches are there to provide one-on-one coaching, proper cues, modifications, encouragement and positivity from the moment participants enter the studio to the moment they leave. Most importantly, their role is to keep everyone safe and motivated to ensure the experience is one they want to return to. There is always flexibility, as we recognize that every child has different needs, but it is important to the overall experience that everyone adheres to the below. This ensures that the class runs smoothly and every participant is afforded the attention and support they require.

- Parents and participants check in with the Coaches and complete the First Visit Checklist in person (for the first session, arrive 15 minutes early).
- Participants change into indoor shoes on the bench at the entrance and place all belongings there. Parents can wait outside the studio doors until the workout is complete.
- Participants will head to the blue turf to prepare for the workout. The coaches need to see all members to ensure they are listening and paying attention to the workout introduction and movement demonstrations.
- Once the demos are completed by our coaches all Prodigy members are to move to the black rubber mats to perform the warm up as a team. This is a dynamic mobility warm up and a key component of their workout. It helps our members to wake up their muscles and be ready to go.
- One coach will be demonstrating the warm up while the other coach provides station numbers for all participants indicating where to start. All stations are labeled with rubber markers on the floor.
- During the warm up it is important to focus on the movements and leave all equipment untouched until it's time to start the workout. We want to make sure all participants are not distracted during this time.
- During the workout, it is important that the participants acknowledge and apply the cues given to them by the coaching team. These are provided to the participants to keep them safe and ensure they are performing the movements correctly. Corrections may require a hands-on approach from the coaches.
- When the workout is complete, participants are encouraged to high-five their teammates for a job well done! Prodigy participants work out as a team, and this is a very important component in developing that mentality and providing additional encouragement and inclusion to all members.



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REGISTRATION DETAILS

PRODIGY MEMBERSHIPS

PAY IN FULL

\$260 PRE-SALE ONLY

\$360

UNLIMITED MEMBERSHIP (WEEKLY AUTO PAY)

\$30 PER WEEK

10 CLASS PACK

\$160

SIBLING DISCOUNT PRICING (WEEKLY RATE ONLY)

45% OFF PER ADDITIONAL SIBLING

All pricing is exclusive of HST. The sibling discount applies to the weekly rate and upfront pricing.

SCHEDULE

TUESDAY
5:15 - 6:00PM

THURSDAY
5:15 - 6:00PM

SUNDAY
11:30AM - 12:15PM

Schedule may be modified based on attendance.

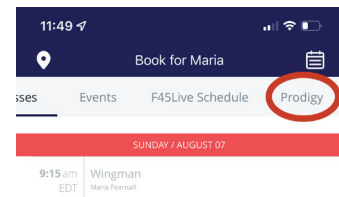
HOW TO REGISTER:

1. DOWNLOAD THE MINDBODY X F45 TRAINING APP ON YOUR PHONE
2. CREATE AN ACCOUNT WITH YOUR CHILD'S NAME & INFO
3. COMPLETE THE WAIVER LOCATED UNDER PROFILE & ENTER CREDIT CARD INFO
4. CLICK "BUY", THEN CLICK "PRODIGY" AND SELECT PREFERRED MEMBERSHIP

LOOKS LIKE THIS



Once registration is complete you will receive a confirmation receipt in your email. To book classes, click "Book" at the bottom and swipe to the right at the top of the app until you see Prodigy. Click & book on this page!



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DID YOU KNOW?

HEALTH AND FITNESS BENEFITS OF HIIT – CHILDREN & ADOLESCENTS

The prevalence of children and adolescents that are being classified as overweight and obese has reached epidemic levels. Although the causes of obesity and cardiometabolic disorders are multifaceted, low engagement in physical activity and high sedentary behaviours have been suggested to be the greatest of all modifiable risk factors (Eddolls et al, 2017).

In order to combat the rise of obesity and the associated health implications, high intensity interval training (HIIT) has been identified as a safe, effective and time-efficient form of physical activity for children and adolescents (Costigan et al, 2015; Eddolls et al, 2017). This is particularly important given that lack of time is the most commonly reported barrier to exercise (Godin et al, 1994).

HIIT has been shown to elicit similar or

greater improvements in health and fitness markers compared to traditional endurance training (Costigan et al, 2015; Eddolls et al, 2017). Specifically, these previous studies have shown improvements in aerobic capacity, percent body fat, waist circumference, insulin sensitivity, systolic blood pressure, markers of cholesterol and fasting blood glucose levels in children and adolescents participating in HIIT programs (Eddolls et al, 2017).

In addition to these findings, HIIT workouts have been suggested to mimic the sporadic nature of children's habitual play patterns making it more appealing and easier to adhere to than steady-state exercise (Eddolls et al, 2017). Furthermore, engaging youth in activities they perceive to be enjoyable may aid in the development of long-term

exercise adherence (Logan et al, 2014). At present, it is recommended that children and adolescents participate in HIIT workouts at least 2-3 times per week at an intensity of >90% maximum heart rate to elicit these health and fitness benefits (Eddolls et al, 2017). Furthermore, the adherence to HIIT workouts has been suggested as the greatest moderator for body fat percentage and aids in the prevention and management of unhealthy weight gain (Costigan et al. 2015).

Collectively, the regular participation in HIIT workouts in child and adolescent populations has been shown to positively influence both health and fitness markers as well as encourage lifelong participation in physical activity.

- Biddle, S.J., Atkin, A.J., Cavill, N. and Foster, C., 2011. Correlates of physical activity in youth: a review of quantitative systematic reviews. *International Review of Sport and Exercise Psychology*, 4(1), pp.25-49.
- Costigan, S.A., Eather, N., Plotnikoff, R.C., Taaffe, D.R. and Lubans, D.R., 2015. High-intensity interval training for improving health-related fitness in adolescents: a systematic review and meta-analysis. *Br J Sports Med*, 49(19), pp.1253-1261.
- Dobbins, M., DeCorby, K., Robeson, P., Husson, H. and Tirilis, D., 2009. School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18. *Cochrane database of systematic reviews*, (1).
- Eddolls, W.T., McNarry, M.A., Stratton, G., Winn, C.O. and Mackintosh, K.A., 2017. High-intensity interval training interventions in children and adolescents: a systematic review. *Sports Medicine*, 47(11), pp.2363-2374.
- Godin, G., Desharnais, R., Valois, P., Lepage, L., Jobin, J. and Bradet, R., 1994. Differences in perceived barriers to exercise between high and low intenders: observations among different populations. *American Journal of Health Promotion*, 8(4), pp.279-285.
- Logan, G.R., Harris, N., Duncan, S. and Schofield, G., 2014. A review of adolescent high-intensity interval training. *Sports Medicine*, 44(8), pp.1071-1085.



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