

OPEX
ABBOTSFORD

YOUTH STRENGTH PROGRAM

BUILDING STRONGER,
MORE CONFIDENT KIDS.

STRONGER
HEALTHIER
MORE CONFIDENT
BRIGHTER FUTURES

FAMILY
DISCIPLINE
DETERMINATION
SELF AWARENESS
INDIVIDUALITY



STRENGTH
DEVELOPMENT



BETTER
ATHLETICISM



HEALTHY
HABITS

MON & WED

CURRENT CLASSES

AGES 8 – 12
3:15 PM – 4:00 PM

AGES 13 – 17
4:00 PM – 5:00 PM

TUE & THU

NEW CLASSES

AGES 8 – 12
3:15 PM – 4:00 PM

AGES 13 – 17
4:00 PM – 5:00 PM

SATURDAYS

NEW CLASSES

AGES 13 – 17
10:00 AM – 11:00 AM

AGES 8 – 12
11:00 AM – 12:00 PM



ADDITIONAL DAYS START
OCTOBER 27TH



\$199 / MONTH
2x WEEK ACCESS



SMALL GROUPS
MAX 8 PER SESSION

REGISTER NOW →



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778-808-9604

STRENGTH

CONFIDENCE

DISCIPLINE

BRIGHTER FUTURES