

CROUNTS

Movement Training Centre

Date: _____ Time: TO DO: COMPLETE PLAYGROUNDS' WAIVER

BRING: INDOOR SHOES & A WATER BOTTLE

WEAR: CLOTHES YOU CAN EASILY MOVE IN



907 FREDERICK ST. UNIT 10
LOCATED DIRECTLY ACROSS FROM
THE FITNESS DEPOT ENTRANCE

Website: kwplaygrounds.ca Email: info@kwplaygrounds.ca