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1st Year Anniversary Celebration

**Saturday, January 17th
12 PM – 5 PM**

In appreciation for all the wonderful support from our patients and community, this day is a tribute to you!

There will be complimentary chiropractic spinal assessments with our new state of the art nervous system scan, as well as massage services throughout the day!

Don't miss out!

Invite your friends and family so they can take advantage of all the great services.

Absolute Endurance believes in giving back to our community, so we will be holding a food & Toonie drive at the celebration, with all the goods being donated to the **Toronto Daily Food Bank.**

Please bring one non-perishable food item or a Toonie.

Refreshments & Door Prizes

(See complete schedule & services on back or visit our website
www.absoluteendurance.com)

Absolute Endurance (AETT) 1ST Year Anniversary Schedule

TRIATHLETE HOUR

12:00-12:10	Welcome talk, meet and greet, explain schedule of events
12:10-12:20	Run talk and demo
12:20-12:30	Swim Demo
12:30-1:00	1 st Computrainer Instruction and Complimentary Class
12:00-1:00	Complimentary Spinal Assessments / Complimentary Postural, Gait and Run Analysis

CROSS TRAINING HOUR

1:00-1:20	Boxing Demo/Complimentary Group Class
1:20-1:40	1 st Personal Training Complimentary Group Session
1:40-2:00	2 nd Computrainer Instruction and Complimentary Class
1:40-2:00	Swim Demo
1:00-2:00	Complimentary Spinal Assessments / Complimentary Postural, Gait and Run Analysis

HEALTH AND WELLNESS HOUR

2:00 – 3:00	Gait Scans – Are you over-pronating? Flat Feet? Ankle / knee / hip problems?
	Run Analysis - Analyze your running gait and biomechanics.
	Posture Analysis – Is your posture affecting your health?
	VO2 Max Demo – Find out how efficiently your body utilizes oxygen and determine your fitness level.
	Massage Demo – Are injuries or chronic pain preventing full range of motion or enjoying life?
	Nutrition Info - Health is not complete without proper nutrition. Find out what foods offer you maximum nutrition so you can improve your health and vitality!

TRIATHLETE HOUR

3:00-3:20	Run talk and demo
3:20-3:30	Swim Demo
3:30-4:00	3 rd Computrainer Instruction and Complimentary Class
3:00-4:00	Complimentary Spinal Assessments / Complimentary Postural, Gait and Run Analysis

CROSS TRAINING HOUR

4:00-4:20	Boxing Demo/Complimentary Group Class
4:20-4:40	2 nd Personal Training Complimentary Group Session
4:40-5:00	4 th Computrainer Instruction and Complimentary Class
4:00-5:00	Complimentary Spinal Assessments / Complimentary Postural, Gait and Run Analysis