

**FITNESS By Design**  
*...your neighborhood fitness studio*



# Sports Conditioning Class

Program Description: Each training session will focus on core strength, injury prevention, speed/agility, balance and general conditioning. Each athlete should come with the expectation of working at their own level, while challenging themselves with the options we offer. Progressions and modifications will be shown so various fitness levels can be accommodated. All equipment, water and towels are provided. Each participant should plan on bringing their own water bottle to each training session.

Dates: Mon, Tues and Thurs each week starting June 14<sup>th</sup> (24 classes total)  
Come to as many classes as you can- your choice!

Time: 10:00am Mon., 1:00 pm Tues & Thurs. 60 minute session

Site: Fitness By Design-Studio West & across the street in Greenwood Park

Class Fee: \$12.50/class = \$200 for 16-class card  
\$15.00/class = \$120 for 8-class card  
\$17.00/class for single class drop-in (based on availability)

Ages: 12-18 year old athletes

Instructors: Nicole Erpelding, Barb Lucius and Barb Mendoza

Class Size: Limited to 10 athletes max per class

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4715 Grand Avenue  
Des Moines, Iowa 50312  
277-9721 ext 2

[www.FitnessByDesignDM.com](http://www.FitnessByDesignDM.com)

[BarbWorkout@gmail.com](mailto:BarbWorkout@gmail.com)





## PAR-Q & YOU

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages of 12 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Check YES or NO.

Yes	No	
		1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		2. Do you feel pain in your chest when you do physical activity?
		3. In the past month, have you had chest pain when you were not doing physical activity?
		4. Do you lose your balance because of dizziness or do you ever lose consciousness?
		5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
		6. Is your doctor currently prescribing drugs (e.g., water pills) for your blood pressure or heart condition?
		7. Do you know of any other reason why you should not do physical activity?

### IF YOU ANSWERED:

#### YES TO ONE OR MORE QUESTIONS

Talk with your doctor by phone or in person before you start becoming much more physically active or before you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build gradually. Or, you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his / her advice.
- Find out which community programs are safe and helpful for you.

#### NO TO ALL QUESTIONS

- If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively

#### DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or fever, wait until you feel better
- If you are or may be pregnant, talk to your doctor before you start becoming more active

**Please Note:** if your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**NOTE:** If the PAR-Q is being given to a person before he / she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

I have read, understood and completed the questionnaire. Any questions I had were answered to my full satisfaction.

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_