



Sheena Butler,
Wellness Consultant for
Branksome Hall.

“We wish to instill in the girls a love of physical activity and fitness that they will carry with them through their lives.”

— Karen Murton, *Principal*

FULLY EQUIPPED!

- Strength/Circuit Training equipment
- 1 Circuit Rowing Machine
- 2 Life Fitness Treadmills
- 2 Elliptical Machines
- 2 Lifecycle Bikes
- Yoga & Fitness Class equipment
- Free Weights, Bars & Racks
- 790 Sq. Ft. Studio Area
- Audiovisual Equipment – TVs/Music
- Mirrored Walls

girls in developing active living, and attitudes and skills necessary for a healthy lifestyle.

Tri Fit, an award-winning provider of fitness, health and wellness services, was engaged by the school for the design of the Fitness Centre, its day-to-day management and the implementation of school-wide programs that will promote health and wellness. Tri Fit’s President, Sue Pridham, is a Branksome parent (her daughter, Tori Abbott, is in Grade 9) and she is thrilled that Branksome is taking steps to become an even more active community.

“Tri Fit integrates with the culture of our clients in a constant effort to engage members, encourage participation, and promote health and well-being,” noted Sue. “I think the girls are going to love the new age and gender-appropriate equipment and design and, most importantly, are going to appreciate having professional staff that will help orient them to the equipment, work with them on program development and goal setting and be enthusiastic and encouraging.”

The new Fitness Centre gives a wonderful boost to the athletic and physical education program at Branksome. Teams

This project was made possible by Gentlemen’s Evening 2005, a special event spearheaded by Branksome fathers, which raised more than \$100,000 for new equipment and resources for the Fitness Centre.

are able to work with the on-site fitness professional on strength and conditioning programs specific to their sport. This new resource also supports the Phys Ed staff and coaches to enrich and complement curriculum.

The Fitness Centre will be a hub for school-wide activities and events that educate and encourage Branksome students to make healthy decisions in their lives. It will promote fitness, health, athletic excellence, fun and teamwork. 🏆

“Keep Fit the Road”

Branksome
Hall
Fitness Centre
Promotes **Health and Wellness**

IN 2003, A REPORT BY THE HEART AND STROKE FOUNDATION revealed a startling fact: 40% of young women between the ages of 12-19 are physically inactive. 🏊 Statistics like this are part of the motivation behind an exciting project at Branksome.

In 2004 a new Fitness Centre was opened at the school. Less than two years later we moved forward with the second phase of the project. The result is an enhanced Fitness Centre with new equipment, resources and staff that opened in September 2006. The 1,700 square-foot centre includes an 800 square-foot studio space for classes and 740 square feet for cardiovascular and strength training equipment.

The school is committed to putting the resources in place to support our