

Endure SPORTS

An Athletic Approach to a Healthy Lifestyle



Jacqueline Raposo

I understand the challenges, determination & perseverance required to attain certain goals but I believe through Drive, Ambition, Motivation & Passion, success will be the ultimate outcome. I want to be the person that guides people to reach their proverbial finish line & allow their pride of accomplishment to cross it successfully.

These sessions include all aspects of training:

- Speed
- Power
- Stability
- Agility
- Strength
- Flexibility
- Endurance

- Personal Training Specialist – Canadian Fitness Professionals
- Sports Injury Therapist – Canadian Therapeutic College
- Massage Therapist (Dip.) – Canadian Therapeutic College
- Medical Exercise Specialist – American Academy of Health, Fitness & Rehabilitation
- Emergency Medical Responder – Red Cross

Get Motivated!

Train with a Friend or Family Member – \$50 per person + GST

Private Sessions – \$55 per person + GST

Personalized Programs

No Membership Fees

START the journey to your *finish line* today!

Contact Michelle at Endure Sports for more details
at 905-593-2987

OR

E-mail: jacqueline.raposo@yahoo.com



4190 Sladeview Cres., Unit 4, Mississauga, ON L5L 0A1 Tel: 905 593 2987

EndureSports.com