

# F.A.S.T. KNEE PROGRAM – 2019 DATES

## MON/WED CLASSES

<b>July 8 - August 14</b>	
FAST 1	5-6 PM
FAST 2	6-7 PM
FAST 3	7-8 PM
FAST 4	8-9 PM (TBD)
<b>August 19 - September 25</b>	
FAST 1	5-6 PM
FAST 2	6-7 PM
FAST 3	7-8 PM

**6-WEEK  
PROGRAM!**

**Includes...**

**1 EDUCATION  
DAY**



and

**11 EXERCISE  
DAYS!**



## TUE/THU CLASSES

<b>June 11 - July 18</b>	
FAST 1	5-6 PM
FAST 2	6-7 PM
FAST 3	7-8 PM
<b>July 30 - September 5</b>	
FAST 1	5-6 PM
FAST 2	6-7 PM
FAST 3	7-8 PM

Stay tuned for  
drop-in class info!



UNIVERSITY OF ALBERTA  
GLEN SATHER SPORTS MEDICINE CLINIC

All classes are held at Foote Field in the Prevention and  
Return to Activity Centre (PRAC)

Contact [prac@ualberta.ca](mailto:prac@ualberta.ca) for more info or visit [uab.ca/FAST](http://uab.ca/FAST)