

GROUP FITNESS WORKOUTS

GET FIT! STAY FIT! HAVE FUN!

September 4 - December, 2018

Tuesday, Thursday mornings

10-11:10 AM

We expect to continue our classes throughout this exciting redevelopment of the Activity Centre!

Our moderate workouts focus on improving and maintaining **your** fitness level.

We all need stamina, strength, and suppleness – the **3 s's of fitness**.

Each class includes cardiovascular and muscular conditioning, stretching, and the best part – relaxation!

Meet your friends at the class and make new ones!

Just bring yourself, your water bottle, wear comfortable exercise gear including indoor runners, and if you have a mat, bring it, too.

We'll be looking for you!

Instructor: Jacquie Allan, B.R.E.

Our favourite alternate instructors: Johanna Woods,
Susan Seabrook, Ivana Cappelletto