

2019 GROUP FITNESS WORKOUTS

GET FIT! STAY FIT! HAVE FUN!

Starting January 8

Tuesday, Thursday mornings

10-11:10 AM

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

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!

Please email us at ssacfitness@gmail.com so that we can put you

on our list for class updates

Instructor: Jacquie Allan, BRE

and

our favourite alternate instructors: Johanna Woods, Susan Seabrook, and Ivana Cappelletto