

# **FUN**fitness

## Barry's Bay

Paul J. Yakabuski  
Community Centre

Registration: Mon. 07 Jan  
2019 at 7:00 pm

Monday & Wednesday

Starting Monday

14 Jan– 06 Mar

7:00 pm

8 Week Session

Only \$125.00

Drop In- \$10.00

Min 20 participants

## Palmer Rapids

BLR Community Centre

Registration: Thur. 03 Jan  
2019 at 7:00 pm

Tuesday & Thursday

Starting Tuesday

15 Jan– 07 Mar

7:00 pm

8 Week Session

Only \$125.00

Drop In- \$10.00

Min 15 participants

### BENEFITS:

- \* Blast fat and sculpt muscle
- \* Burn 30% more calories than a typical workout
- \* More cardio benefits

**All ages welcome !!!**

**Any questions contact Norma Woods at 613-583-7971 or  
normawoods7@gmail.com**