

# **FUN**fitness

## Barry's Bay

Paul J. Yakabuski

Community Centre

Registration: Mon. 23 Sep  
2019 at 7:00-7:30 pm

Monday & Wednesday

Starting Monday

30 Sep – 04 Dec

7:00 pm

Min 20 participants

## Palmer Rapids

BLR Community Centre

Registration: Tue. 24 Sep 2019  
at 7:00-7:30 pm

Tuesday & Thursday

Starting Tuesday

01 Oct – 05 Dec

7:00 pm

Min 15 participants

10 Week Session

Only \$150.00

Drop In- \$10.00

### BENEFITS:

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

All ages and fitness level are welcome !!!

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