

OUTDOOR SUMMER FITNESS PROGRAM

Combermere Community Center

With Fitness Instructor Norma Woods

Monday or Tuesday

7:00pm

The Penalty Box is a complete body workout program that is an agility grid and hurdle all in one. The Penalty Box uses four squares to take place of an agility ladder and easily folds into a hurdle.

Every person gets their own Penalty Box and goes at their own pace.

With Penalty Box workouts everyone is working at their own skill level. Intensity all depend on YOU!



- Tue, May 21 (due to long weekend)
- Mon, May 27
- Mon, June 3, 17, 24
- Tue, Jun 11 (due to the class in BB)
- Tue, July 02 (due to long weekend)
- Mon July 8, 15, 22, 29
- Tue Aug 06 (due to long weekend)
- Mon Aug 12, 19, 29

Drop-in-\$10.00

Require running shoes, water and hand gloves.
The Penalty Box is a personal item.

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