

Winter Fitness 2012

All Classes will run for two – 8 week sessions.

Cost \$40.00 per session

Club 60: January 10 to March 2, 2012

March 6 to April 27, 2012

Karen's: January 10 to March 1, 2012

March 6 to April 26, 2012

Participants must pre-register at Town Hall

High /Lo 2-Go

A beginner aerobic class combines cardio work with resistance and abdominal exercises to give a great workout.

Mild to Moderate Intensity

Instructor: Karen Garvie

Tues/Thurs- 6:30-7:15 PM

Location: Fire Hall

Club 60 Seniors Fitness

High energy, low intensity exercise class combines aerobic moves with resistance exercises and stretches. Perfect for the 55+ crowd. Open to all seniors.

Instructor: Barb MacDonald

Tues/Fri- 9:15-10:00 AM

Location: Club 60

\$2.00 Drop in fee to be paid at Club 60