

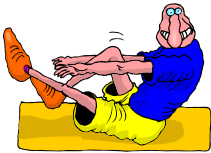
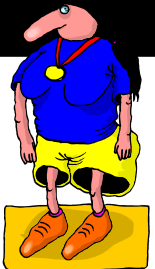
# "FIT HAPPENS"

Try our **NEW** *YogaFit* on Thursdays

**FALL SESSION:** Tuesday, Sept. 14<sup>th</sup> thru  
Thursday, Dec. 2<sup>nd</sup>

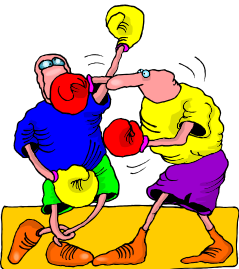
Combine classes for an additional discount!  
**REGISTER AT YOUR FIRST CLASS**

**Co-Ed BOOTCAMP:** This total body conditioning class will give you all the fat burning, muscle pumping action you crave. **TUESDAYS 6:30 - 7:20 PM \$99**



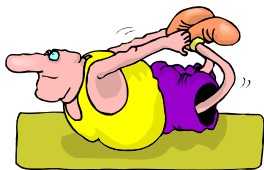
**HARD CORE:** You will be led through a variety of exercises specifically designed to tone and strengthen the muscles of your core. **TUESDAYS 7:30 - 8 PM - \$50**

**GET ON THE BALL:** To challenge your balance and strengthen your muscular system as you move and groove to music. **B.Y.O.B. TUESDAYS 8 - 9 PM \$99**



**KICKASS KICKBOX:** Release stress and improve co-ordination using gloves & pads. Modified kickboxing & martial art techniques and intensity training. **THURSDAYS 6:30 - 7:25 PM - \$99**

**ZUMBA:** Latin inspired dance fitness that incorporates Latin and international music with dance movements, to create a dynamic, exciting and effective fitness system that tones and sculpts the body. IT'S HOT! **THURSDAYS 7:30 - 8:25 PM \$99**



**YOGAFIT:** A flowing series of yoga poses to create strength, flexibility, endurance and balance for greater health and mental awareness. **THURSDAYS 8:30 - 9 PM \$50**

**Note: All classes are held at Rockmosa Community Centre and are designed to give both men & women a fitness challenge – regardless of your fitness level (or lack of).**



Personal Training available. Customized workouts in individual or small group settings!

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