

50 + FITNESS

BACK BY POPULAR DEMAND "50+ FITNESS" THE QUALIFIED STAFF WILL LEAD YOU THROUGH A VARIETY OF EXERCISES TO HELP YOU STRENGTHEN YOUR CARDIO, CORE, STABILITY AND BALANCE .THESE EXERCISES WILL ASSIST YOU IN YOUR EVERYDAY LIFESTYLE. OUR FUN AND SOCIAL ENVIRONMENT WILL HAVE YOU LAUGHING AND ENJOYING EVERY MINUTE! WITH OUR UP BEAT MUSIC, VARIETY OF EQUIPMENT AND SMILING STAFF YOU WILL BE MOTIVATED TO BETTER HEALTH EVERY STEP OF THE WAY!

**PLEASE COME JOIN US EVERY TUESDAY AND THURSDAY FROM 11:00AM-12:00PM
IN THE MULTI-PURPOSE ROOM @ THE PERTH & DISTRICT INDOOR POOL.**

COST IS \$2.00 PER CLASS. BEGINS OCTOBER 2, 2018.

MAXIMUM PARTICIPANTS 25. FIRST COME FIRST SERVE, COME EARLY TO GET A SPOT!



FOR MORE INFORMATION CONTACT THE PERTH & DISTRICT INDOOR POOL 613-267-5302