

EXSHAW **ALL FITNESS LEVELS** CROSS TRAINING

WHEN

Jan 13 – April 2, 2020

10 Mondays *&/or*

10 Thursdays

6:30-7:30 pm

no classes Feb. 17 - 20 or Mar. 16 - 19

WHERE

Exshaw School Gym

REGISTER FOR:

**10 MONDAYS *OR*
10 THURSDAYS *OR*
ALL 20 CLASSES!**

**Minimum 8 registrants
per session to run /**

**Fees drop if 10 or more
sign up:**

10 Mondays **\$135** / \$120

10 Thursdays **\$135** / \$120

All 20 Classes **\$260** / \$225

+GST on session prices
split registrations possible

\$15.00 drop-in fee

DETAILS

This is a fun, dynamic
circuit of cardio, core &
strength training.

Suitable for all fitness
levels.

6th year running!

To register, contact:

MD Bighorn 403-673-3611

reception@mdbighorn.ca

**Become a stronger,
healthier, fitter you!**

Register by **Jan 8/20**
to secure your spot!!

**FEATURING • Pete Cooper • NASM Personal Trainer,
Performance Enhancement Specialist (PES) &
Corrective Exercise Specialist (CES)**

www.mdbighorn.ca/327/Fitness-Recreation-Classes

SPONSORED BY:

