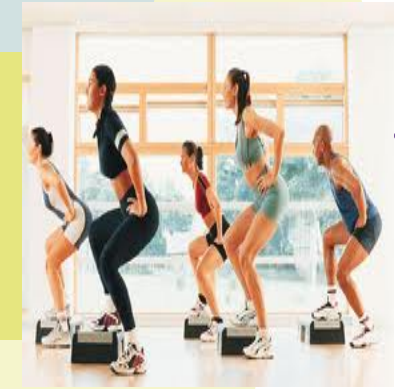


Fitness Sampler

January 9th - April 27th, 2012



**Interested in Group Fitness?
Not Sure what class is right for you?
Let us help you decide!**



Instructors:
Carly Stevenson
Brandi Sheppard

Every 2nd
Thursday 1000-1045

LOOK FOR CLASS INFORMATION ON COMMUNITY GATEWAY
[HTTP://WWW.CG.CFPSA.CA/CG-PC/MOOSEJAW/EN/FITNESSANDSPORTS/](http://www.cg.cfpsa.ca/cg-pc/moosejaw/en/fitnessandsports/)

In this beginner level class you will sample the various types of fitness classes Available, as well as introductions to the cardio and weight room equipment. This allows you to see what activities you enjoy and which are not for you.



Fitness Class Prices

Military No charge

Drop In:

CRA Member \$2.50
Non Member \$5.00

10 Punches:

CRA Member \$18.00
Non Member \$40.00

20 Punches:

CRA Member \$30.00
Non Member \$80.00

MINIMUM 3 PARTICIPANTS