



## ***Fitness Class for Mature Adults 55+***



**Be Fit**

St. Michael's Parish Centre

*Wednesday – 10:30 to 11:30am*

*March 7 to June 27, 2012*

**Free No Charge – Free No Charge – Free No Charge – Free No Charge – Free No Charge**

*Taught by Lue Kains, Certified Fitness Instructor with  
Community Support Connections*

**To Register: You must call Maryellen Hahn – 519-884-9311 Ext. 27**

**Limited enrollment – First come, first served**

### **Participants will have to:**

- *Wear sturdy running shoes, loose fitting clothing*
- *Weight and Cardio Work out – No mat work*

*Recommended purchase of a Thera Band from the instructor (\$6.00)*

