

EXSHAW CROSS TRAINING

Now
2 days/
week!

ALL FITNESS
LEVELS

REGISTER FOR:

9 MONDAYS *OR*
10 THURSDAYS *OR*
ALL 19 CLASSES!

Minimum 8 registrants per
session to run / Fees drop
if 10 or more sign up:

9 Mondays **\$122** / \$104

10 Thursdays **\$135** / \$115

All 19 Classes **\$247** / \$209

+GST on session prices

\$15.00 drop-in fee (incl. GST)

WHEN

Apr 22– Jun 27, 2019

9 Mondays *&/or*

10 Thursdays

6:30-7:30 pm

(no class Monday, May 20)

WHERE

Exshaw School Gym

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

split registrations possible

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

Register by **Apr 11/19** 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:

