

# EXSHAW'S **ONLINE**

# CROSS TRAINING



**8 CLASS  
SESSIONS  
VIA ZOOM**

**\$80 (+ GST = \$84)**  
*for 8 classes*

**Minimal**

**Equipment needed**

## DETAILS:

This is a fun, dynamic circuit of cardio, core & strength training. Suitable for all fitness levels.

*8<sup>th</sup> year running!*

**Register & Pay**

(online only):

<https://bit.ly/3mdJqfA>

**By noon, Wed**

**Oct. 20, 2021**

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

**WHEN:**

**8 Thursdays**

**Oct 21 - Dec 9**

**6:30-7:30 pm**

***Minimum 8 to run the class***



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

[www.mdbighorn.ca/327/Fitness-Recreation-Classes](http://www.mdbighorn.ca/327/Fitness-Recreation-Classes)

