

LIMERICK TOWNSHIP IS OFFERING

FREE FITNESS CLASSES



AT THE LIMERICK COMMUNITY CENTRE
175 Hwy 620

BEGINNING WEDNESDAY SEPT. 16, 2015
WEDNESDAYS 10:00 AM – 11:00 AM

Classes will include a variety of the following components

Low impact cardio

Strengthening using free weights

Core strengthening exercises (floor work)

Stretching

Relaxation

Mats will be provided

Some weights will be provided, but if you have weights please bring them along

Bring your running shoes, your water bottle and your enthusiasm to keep fit!

For further information contact Sharon Robbins 613-474-0795 ksrobbins@xplornet.ca