

FITNESS 4 U

BOOT CAMP !



FALL/WINTER CHALLENGE 2017

FREE TRIAL KICK OFF NIGHT SEPT. 12

3 healthy prizes to be drawn !

BEGINNER INTERMEDIATE ADVANCED

**Bronx Park Community Centre
720 Henderson Highway**

TUESDAYS AND THURSDAYS

6:00 p.m. to 7:00 p.m.

Creative Arts Room

Start: September 12, 2017

DROP-INS WELCOME !

To register, please contact:

Renee Ryan - coachreneeryan@gmail.com

Certified Personal Trainer, Canfitpro, CPR

Certified Health Coach, HCI

(Prefer one on one or couples in home training ? please inquire !)