

# CARDIO - CORE - CROSS TRAINING FITNESS CLASSES

with **RASA**

9am to 10am



Monday and Friday mornings at the Newboro Community Hall, 15 Drummond Street beginning May 1<sup>st</sup>

Wednesday mornings at the Elgin Community Hall, 47 Main Street beginning May 3<sup>rd</sup>

Rasa Krokys is a certified, trained professional fitness instructor and brings with her lots of experience, enthusiasm and energy.

Participants should bring their own exercise mat (or yoga mat); wear comfortable clothing, running shoes and water bottle. Suitable for all levels of fitness and open to both men and women.

**To Register:** Fill out the registration form found in the spring & summer Leisure Services brochure or at the Municipal Offices in Chantry (1439 Concession Road 8). Registration is for 15 classes at a time. Your instructor will give you your enrollment card at your first class. Use your enrollment card for either or both locations.

**Cost:** \$40.00 for 15 classes (less than \$2.70/class)

Minimum Number of Students: 10    Maximum Number of Students: 25

