

# EXERCISE – YOU DON'T HAVE TIME NOT TO.

<b>Monday*</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Newboro Community Hall 15 Drummond St</b>	<b>Newboro Community Hall 15 Drummond</b>	<b>Newboro Community Hall 15 Drummond</b>	<b>Morton Community Hall 13 Judd St.</b>	<b>Newboro Community Hall 15 Drummond</b>

## **Cardio – Core – Cross-Training with Rasa**

8:45 am to 9:45 am each day. Bring your own: Mat, Water, Towels, Light Weights

Your weights should not exceed 5 lbs each. Wednesdays bring your big ball.

Class cards are \$40 + HST for a total of \$45.20 for 15 classes, cards are renewable when necessary.

\* There will not be class on any “Holiday Monday” (Tuesday is make-up day for the holiday)

For more information contact: Rasa Krokys on facebook, or: [rasakrokys@gmail.com](mailto:rasakrokys@gmail.com)

or [susan@twprideaulakes.on.ca](mailto:susan@twprideaulakes.on.ca)

This schedule is effective to Friday December 14<sup>th</sup>, 2018

To register please fill out the registration form found in the Leisure Services Brochure, on line at [www.twprideaulakes.on.ca](http://www.twprideaulakes.on.ca) or at the Municipal Offices in Chantry and mail it along with the appropriate registration fees to the Township Offices or you may register in person with Rasa at the class of your choice.