

Stronger, Faster, Fit

Join Fitness & Sports
Instructor Kat Rennie
twice a week as she teaches
you ways to increase intensity
and see physical training
adaptations faster.

**Weekly sessions (16 classes)
will include**

High intensity interval training

Weight lifting

Speed, Agility, Quickness

Strength and Endurance

Mondays & Wednesdays

1600-1700 or 1700 -1800

in the Fieldhouse Gym

January 14 - March 11, 2019

Cost Regular members: FREE

Ordinary members: \$60.00

Participants must be 16 years of age to
participate in the program.

Registration and payment is required for this
program.

Please visit the recreational kiosk to sign up
today and reserve your spot in this new and
exciting program. **Space is limited.**

