

G.E.T Fit with NANCY!



You get a little bit of everything with Nancy. A fun hour with all the components of a healthy exercise routine. Nancy's classes are great stress-relievers and the perfect way to burn off calories! Work at your own pace with feel-good exercises to enhance your health and well-being. Come move to the groove; have fun and be fit!

THE BENEFITS OF BONE FITNESS

Come and enjoy an active training program for health and exercise with Bonefit™. Nancy is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance and posture.

Monday	6:30-7:20	September 24 – December 3 (no class OCT 8)
Monday	6:30-7:20	January 7 – March 18 (no class FEB 18)

CHAIR YOGA

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Monday	7:30-8:20	September 24 – December 3 (no class OCT 8)
Monday	7:30-8:20	January 7 – March 18 (no class FEB 18)

For more information or to register please contact

Dave Nichol at 518-856-9596 ext 201

or dnichol@get.on.ca

