

SUMMER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Rockmosa		9:00am - Gentle Yoga	9:00am Low Impact Zumba		
			10:00am Strength and Stretch	10:00am - Bands and Bells	
Instructors	Rebecca Boyington	Courtney McCarthy			
	Margaret Iutzi				
Rockmosa					
	Tuesday Classes	Start Jul. 3	Finish Sept. 4		
	Wednesday Classes	Start Jul. 4	Finish Sept. 5		
	Thursday Classes	Start Jul. 5	Finish Sept. 6		

PLEASE NOTE: Only Summer Flex Cards can be purchased for the Active 55+ Summer Session. Registration for individual classes will not be permitted. Each flex card will allow you to attend 10 classes of your choice. Be sure to present your flex card to the instructor at the start of each class to mark your attendance.

Summer Flex Cards can be purchased for \$65+ HST for 10 visits. **A minimum of 32 Flex Cards need to be sold for the Active 55+ Summer Fitness Schedule to move forward. Unfortunately, if we do not reach the minimum ALL summer classes will be cancelled and your money will be returned.** Individuals may purchase two Flex Cards; however, there is no discount for the second card. We regret that unused visits on your Flex Card cannot be reimbursed or carried over to summer 2019.