

Christmas Fitmas

Tuesday December 3	Kathi	9am	Low impact Cardio/Muscle	Progressive
	Kathi	10am	Low impact Cardio/Muscle	Gentle

Wednesday December 4	Margaret	9am	Bands & Bells	Progressive
	Margaret	10am	Bands & Bells	Gentle

Thursday December 5	Glen	9am	Abs Core & more
	Glen	10am	Fab, Fit & Fun

Tuesday December 10	Nancy	9am	Use it Lose It Tone it up
	Nancy	10am	Music 'N' Motion

Wednesday December 11	Margaret	9am	Bands & Bells	Progressive
	Margaret	10am	Bands & Bells	Gentle

Thursday December 12	Glen	9am	Abs, Core & more
	Glen	10am	Osteo Focussed Bone Fitness

Monday December 16	Rebecca	10am	Yoga
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Tuesday December 17	Nancy	9am	Use it Lose It Tone it up
	Nancy	10am	Music 'N' Motion

Register at: [Christmas Fitmas](#)

Cost: \$40 plus hst

