

****September 4** / September 14 - October 30**

FITNESS SCHEDULE



MONDAY

12:05 - 12:50pm
Balance & Build
With Kira

5:15 - 6:15pm
****SpinSTRONG****
With Kim

TUESDAY

12:05 - 12:50pm
****SpinSTRONG****
With Kim

5:15 - 6:15pm
Age Strong
With Michelle

WEDNESDAY

12:05 - 12:50pm
Strength Foundations
With Kira

5:15 - 6:00pm
Dance Aerobics
With Pasha

THURSDAY

10:00 - 10:45am
Essentrics
With Sharron

5:15 - 6:15pm
****MetCon****
With Kim & Michelle

SUNDAY

12:05 - 12:50pm
Circuit Fit
With Kira

****Starred****
classes start
September 4
All other classes
start September 14

All evening
classes take place
in the Rotary Room

Classes are free for Members with 3/6/12 month memberships
Members with Group Visit packages can use those visits to register
All participants are required to register with front desk prior to class
Non-members will receive a discounted rate for full class registration

For more information and to register call our front desk at
(807) 467-2087 or email reccentre@kenora.ca



Moncrief Construction
SPORTS CENTRE