



CHRISTMAS FITNESS

Monday December 5th – Thursday December 22nd

Week One

Monday December 5th <ul style="list-style-type: none"> • 7pm DDPY at the MCC 	Thursday December 8th <ul style="list-style-type: none"> • 4pm DDPY • 6pm DDPY
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Come try out a class that you've been curious about or keep up with your favourites over the holidays

Week Two

Monday December 12th <ul style="list-style-type: none"> • 7pm DDPY at the MCC 	Tuesday December 13th <ul style="list-style-type: none"> • 9am Use it, Lose it, Tone it up • 10am Walking Pole Dancing • 6pm DDPY 	Wednesday December 14th <ul style="list-style-type: none"> • 1pm The Benefits of Bone Fitness • 2pm Walking Pole Dancing 	Thursday December 15th <ul style="list-style-type: none"> • 9am Use it, Lose it, Tone it up • 10am Abs Core and More • 4pm DDPY • 6pm DDPY
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Week Three

Monday December 19th <ul style="list-style-type: none"> • 7pm DDPY at the MCC 	Tuesday December 20th <ul style="list-style-type: none"> • 9am Use it, Lose it, Tone it up • 10am The Benefits of Bone Fitness • 6pm DDPY 	Thursday December 22nd <ul style="list-style-type: none"> • 9am Use it, Lose it, Tone it up • 10am Music 'N' Motion • 4pm DDPY
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Only **\$30**
for up to 20 classes!
\$10/drop in rate

Register in person or call 519-265-7905
[Click here to register online](#)

