



TOWN OF LAKESHORE RECREATION SERVICES



www.lakeshore.ca

Call 519-727-0470 or toll free number available 1-877-249-3367

Comber Community Centre

Starts week of January 9th 2012

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>IN MOTION SENIOR FITNESS</p> <p>Mondays & Wednesdays 10:45am to 11:45am \$50 – 10 weeks Register on first day Starts January 9th</p> <p>*****</p> <p>ZUMBA BASIC FITNESS</p> <p>With Fiona McLean 7pm -8pm Starts January 9th Register 1st night \$40- 8 weeks class held pending number of participants</p>	<p>LINE DANCING Great form of exercise for all ages! No boots required Starts January 10th 10:00-11:00am 6 week session Pre-register at 519-727-0470 Cost: \$30 – 6 weeks pending number of participants *****</p> <p>ZUMBA BASIC FITNESS (low impact dance)</p> <p>With Fiona McLean 7-8pm Starts January 3rd Register 1st night \$40 – 8 weeks Classes held pending number of registrants *****</p>	<p>PICKLEBALL</p> <p>ADULT SESSION</p> <p>Wednesdays 7-9pm Cost: \$2.00 per class Beginners welcomed</p> <p>.....</p> <p>IN MOTION SENIOR FITNESS</p> <p>Mondays & Wednesdays 10:45am to 11:45am \$50 – 10 weeks Register on first day Starts Wednesday, January 11th</p> <p>*****</p>	<p>Open for rentals</p> <p>Please note That this Community Centre also serves various rentals and may affect certain program dates.</p> <p>We apologize for this inconvenience and will do our best to notify you of any rental dates affecting your program schedule (programs are extended to extra week for any missed classes)</p>	<p>Indoor Walking Club Mornings @ the Comber Centre</p> <p>If this is something you are interested in, please respond either by phone 519-727-0470 or toll free number above or via email at mrenaud@Lakeshore.ca</p>