

**GET IN MOTION SENIORS!
JOIN A
SENIORS FITNESS CLASS
AT THE PUCE SPORTS
AND LEISURE CENTRE**



- A STRUCTURED FITNESS CLASS LEAD BY A CERTIFIED SENIORS FITNESS INSTRUCTOR
- REGISTER FOR ONE (\$50) OR BOTH (\$100) 10 WEEK CLASSES:
 - MONDAYS 1PM & THURSDAYS 10AM
 - WEDNESDAYS 9AM & FRIDAYS 3PM
- CLASS RUNS FROM APRIL 12TH TO JUNE 18TH
- PRE-REGISTRATION REQUIRED
- REGISTRATION FORMS CAN BE PICKED UP AND DROPPED OFF AT THE PUCE SPORTS AND LEISURE CENTRE. CALL (519) 727-0470