

**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
- **MONDAYS AT 1:00 PM AND THURSDAYS AT 10:00 AM FROM AUGUST 31<sup>ST</sup> TO OCTOBER 1<sup>ST</sup>**
- A \$25 FEE IS PAYABLE BY AUGUST 31<sup>ST</sup>
- PRE-REGISTRATION REQUIRED
- REGISTRATION FORMS CAN BE PICKED UP AND DROPPED OFF AT THE PUCE SPORTS AND LEISURE CENTRE. CALL (519) 727-0470
- FOR MORE INFORMATION CALL DONNA OFNER AT (519) 727-4141 OR EMAIL AT [donna.ofner@hotmail.com](mailto:donna.ofner@hotmail.com)

