



## **FITNESS CLASSES ARE BACK!**

SEPTEMBER 10TH TO OCTOBER 15TH, 2014

**MONDAY AND WEDNESDAY  
7:00PM TO 8:00PM**

ZENON PARK – SCHOOL GYM

11 CLASSES FOR \$100.00 OR \$10 DROP IN FEE

**BRING YOUR INDOOR SHOES, MAT  
WATER & WEIGHTS (OPTIONAL)**

**CLASSES ARE FOR ALL FITNESS LEVELS;  
VARYING INTENSITIES GIVEN TO SUIT YOU**

CONTACT CARLA  
CERTIFIED SPRA GROUP FITNESS INSTRUCTOR  
AT BODY RENO FITNESS

[carlachicoine@gmail.com](mailto:carlachicoine@gmail.com) OR CALL 1-306-500-2400