

**COMMIT TO BE FIT!**


# FITNESS CLASSES



76 Oke Drive, Burk's Falls  
FitnessEssentialswithCindy.ca



**Starts September 6th**

| MONDAY                                  | TUESDAY                    | WEDNESDAY   | THURSDAY                                | FRIDAY                   |
|---|----------------------------|---|---|--------------------------|
| Lower Body Sculpt<br>8:30 am            | Upper Body Tone<br>8:30 am | <br>8:30 am | Back, Hips & Booty<br>8:30 am           | Core Strength<br>8:30 am |
| Healthy Ageing (Magnetawan)<br>10:30 am |                            | Yoga<br>9:45 am   | Healthy Ageing (Magnetawan)<br>10:30 am | Yoga<br>9:45 am          |
| Yoga 6:45 pm                            |                            |   |   |                          |

**CALL TO REGISTER**

**\$80 Monthly Fee ~ Unlimited Classes**

10 Classes ~ \$120.00  
 25 Classes ~ \$225.00  
 or pay as you go ..... \$15 per class

**CINDY LEGGETT**

Certified Personal Trainer  
Certified Fitness Instructor  
Registered Yoga Instructor

**PERSONAL TRAINING**

**705-783-9721**