

IMPROVE YOUR FITNESS

THROUGH
INSTRUCTION AND/OR FACILITY USE

INSTRUCTIONAL CLASSES(FOR MALES AND FEMALES)

INTRODUCTION TO FITNESS- FOR THE BEGINNER

MONDAY - WEDNESDAY 4:30 - 5:30pm

BEGIN/INTER AEROBIC INSTRUCTION

TUESDAY - THURSDAY 4:30 - 5:30pm

ADVANCED AEROBIC INSTRUCTION

MON & WED 5:30pm, SAT 11am

FACILITIES: WEIGHT & AEROBIC TRAINING
ROOM/AEROBIC ROOM/TRACK

SQUASH & RACQUETBALL PYRAMID TOURNEYS

WHAT ARE THEY: A CHANCE FOR YOU TO MEET SOME NEW
PEOPLE WHILE GETTING A FEW OF YOUR
FAVORITE GAMES IN EACH WEEK.

STEPS: FILL IN AN ENTRY DISK AT THE
SPORTS CENTRE CONTROL DESK BEFORE
MON OCT 15 NOON. ALL NAMES WILL BE
PUT ON PYRAMID RANDOMLY. YOU MUST
PLAY TWO GAMES PER WEEK BY
CHALLENGING OTHERS ON PYRAMID.RECORD
YOUR SCORES AT THE CONTROL DESK.

DETAILED RULES AVAILABLE AT CONTROL DESK