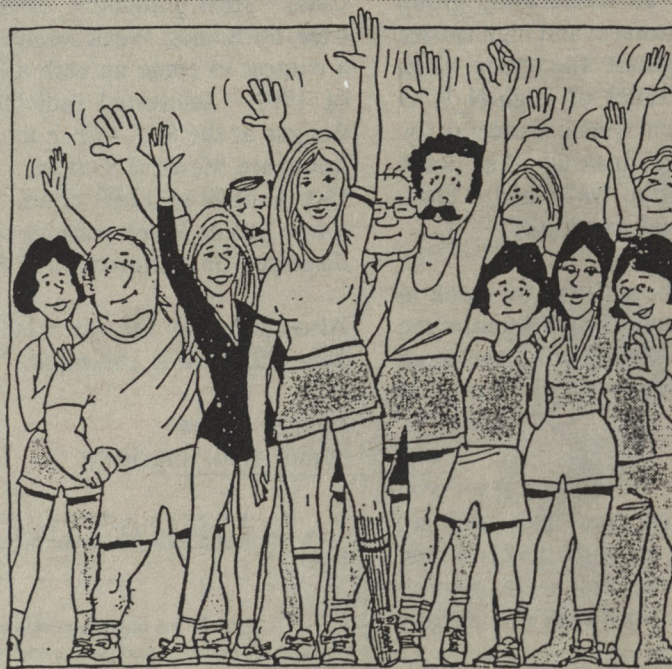


# FITNESS INSTRUCTION

(BEGINS WEEK OF SEPTEMBER 24)



## INTRODUCTION TO FITNESS - 10 WEEK COURSE

MON & WED 4:30 - 5:30 PM

FOR THOSE WHO HAVE NEVER EXERCISED OR WHO HAVE NOT EXERCISED FOR A WHILE. START AT THE BEGINNING

## AEROBIC INSTRUCTION - 10 WEEK COURSES

TUES & THURS 4:30 - 5:30 PM

BEGINNER/INTERMEDIATE LEVEL

MON/WED 5:30-6:30, SAT 11-12

ADVANCED LEVEL

FULL TIME STUDENTS AND SPORTS CENTRE MEMBERS ONLY