



INTERVAL  
TRAINING

**YOUR FITNESS  
JOURNEY STARTS  
HERE**

**MONDAYS & WEDNESDAYS  
8:30-9:30AM**

- Drop-ins Welcome
- Fee to Participate
- Pay as you go

**For Further Information  
contact the BCC at  
(705) 657-8833 or by email at  
[generalmgr@buckhorncommunitycentre.com](mailto:generalmgr@buckhorncommunitycentre.com)**

