



Fit & Fabulous

Thursdays

9:30am - 10:30am

7 weeks Sept. 14 - Oct 26 - \$70

6 weeks Nov. 16 - Dec. 21 - \$60

Fees to be collected first day

Drop in \$12

Minimum 10 students required

Register by calling the BCC

705-657-8833

**Instructor Certified Personal Trainer &
Fitness Specialist Karen**

**Firm, define and strengthen your body
with conditioning exercises
designed for the more mature.**

**Combining balance, coordination and
flexibility with a variety of exercises to
enhance your health and wellness. All fitness
levels welcome**

Missed classes will not be refunded.

