



# **Fit & Fabulous**

**Thursdays**

**9:30am - 10:30am**

**Fees to be collected first day.**

**Six week series**

**\$54 per series or drop in \$10**

**Certified Personal Trainer and  
Fitness Specialist Karen if you are  
signing up for a series. Minimum 8  
students required**

**Register by calling the BCC**

**705-657-8833**

**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**

**Classes are for registered participants  
who sign up for the 6 week segment  
or drop in.**

**Missed classes will not be refunded.**