

Oakland Fitness Centre presents:

FIT IN 15!

Does this sound like you?

1. You know you need to exercise but can't find the time
2. You don't enjoy working out by yourself
3. You can't devote 45 min. to 1 hour per workout

We have the solution!!

Oakland introduces "Fit in 15!" – a quick 15 min. workout 3 x times per week with a trainer in a small group environment (4 max). Each session consists of a calorie burning muscle building routine to take your workouts to the next level. Beginners and nonmembers welcome!

Start your New Year off right! 8 week sessions begin January 25th, 2010.

Cost: \$60.00 members - \$90.00 nonmembers.

For times available please call Nancy at 905-415-4965, or email at oakland@healthsystemsgroup.com