

SPINNING

AT OAKLAND FITNESS CENTRE!



*Grab your waterbottles and join us for an exciting energizing
Spin Class!*

It's an amazing workout!(400-500 calories per class!)

NO EXPERIENCE NECESSARY!

FREE for July & August 2010

**24 hour sign up policy in effect*(call Oakland)*

**Pick from Tuesdays @ 7:25 am Thursdays @11:30 am
& Fridays @ 1:00 pm**

CALL NANCY AT 905-415-2579 TO REGISTER.

Come and get the ride of your life!