



MUSCLE TONING 30 Minute Program



WHEN

10 weeks, starting **March 01, 2010**

Mondays & Wednesdays at 11 & 11:30am / Tuesdays & Thursdays at 12:10

(additional times will be added if needed)

WHERE

Oakland Fitness Centre - 19 Allstate Pkwy

WHY

Learn correct exercise techniques from a Certified Personal Trainer

New exercises each week –small personalized groups (4 max)

Get heart healthy, increase muscle mass, improve posture & bone density!

2 x per week—Members—\$35.00/Non members—\$65.00

Call Nancy at Oakland to reserve your spot. Spaces are limited! - 905-415-2579