



Get Fit this Winter!

Join an Evening Fitness Class at McCaig

BOOT CAMP



A **fun, heart-pumping, fat-burning, muscle-toning** workout that includes a variety of cardio and strength training exercises presented in a motivating environment.

All fitness levels are welcome!

Exercises are adaptable to accommodate varying capabilities.

When: **Monday evenings from 7:30 to 8:30**

Begins: **January 8th, 2018** for 10 weeks

Cost: \$100

(40\$ off when you register for both Boot Camp and Yoga;
25% off for additional family members)

Where: **McCaig Elementary School gym**

Yoga is a wonderful way to **de-stress, lengthen and strengthen your muscles, and improve your focus and balance.**

Come join us and feel better 😊

All levels are welcome!

When: **Thursday evenings from 7:30 to 8:30**

Begins: **January 11th, 2018** for 11 weeks

Cost: \$100

(40\$ off when you register for both Boot Camp and Yoga;
25% off for additional family members)

Where: **McCaig Elementary School gym**

To register, you can go to **www.momentum-fit.ca/classes**,
or for more information, please contact :

Debbie Harbec **514-445-6434** debbie@momentum-fit.ca