

2nd Annual Fitness Wednesdays
at the
Vernonville Community Center

Starting on Wednesday July 4, 2011 the Vernonville Community Center will be offering 2 hrs “get active” activities for children ages 4-14. The cost is \$40.00 for the 8 week session, and will be held rain or shine. The evening will start with a timed obstacle course and will end with an old fashion game of tag, murder ball or another similar game. At the end of the 8 week session, the child will receive a scrap book showing their progress they have made on the obstacle course and some pictures showing them participating. On August 29 there will be a barbecue for the children to celebrate the completion of Fitness Wednesdays.

Registration will take place on **June 6, 2012** at the **Vernonville Community Center** from **6pm-8pm**. Payment requested at this time, cash only. For more information contact Teresa at 905 349-2925

Family Discounts are available for 3 or more children living at the same address.



Total Body Challenge (Indoor Boot Camp)

At the

Vernonville Community Centre

ARE YOU READY TO WORK UP A SWEAT? We have a class for you. All you need to bring is a great attitude and a water bottle.

An 8 week session of strength, cardio and flexibility exercises, that will challenge you. The classes will run from **March 5 to April 27 2012**, every Monday, Wednesday and Friday. The classes will begin at 4 pm and go to 5 pm. Class size is limited. Great for weight loss with a week meal plan and recipes .

Information and registration will take place on **February 15** at the Vernonville Community Centre, from **4-6pm**.

Payment required at time of registration. (Cash only please.)

For more information phone Teresa at 905- 349- 2925