



NET FIT EVENING FITNESS CLASSES TUESDAY

Come and enjoy a **LOW IMPACT CARDIO WORKOUT** with weights and floorwork components. Completed with a cool down and stretch.

WHERE: Swansea Community Recreation Centre in the gym
15 Waller Ave. (Attached to Swansea Public School)

WHEN: Tuesday evenings 7:30-pm - 8:30pm
March 22, 2011 - June 21, 2011

COST \$112.00 for 14 weeks
\$10/per class for drop-ins
Maximum 25 participants. First come first serve.

NOTE: For more information please leave a message at
Metro Mothers Network
T: 416-487-6867 or info@mumnet.ca

MAT AND WEIGHTS ARE NOW PROVIDED
REGISTRATION March 22, 7:20 (CLASS TO FOLLOW)