

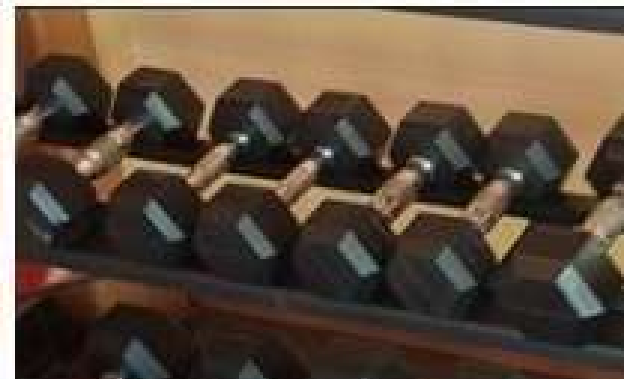
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\$ 5 PER CLASS!

- Limited class size
- Sign up now by emailing mayneislandcommunitycentre@gmail.com



Sponsored in part by the MIPRC.



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WEIGHT TRAINING FOUNDATION CLASSES

Train with Coach Judie, a former endurance athlete and passionate fitness enthusiast with decades of fitness teaching experience! Weight training becomes increasingly important with age, as it helps to maintain muscle mass, bone density and overall strength. It also supports better balance, joint health and reduces the risk of falls and chronic disease.

Part 1 – Engage the Core: Functional Movement with Light Weights

Saturday, Oct 25 – 9:00-10:00am

Wednesday, Oct 29 – 5:30-6:30pm

Saturday, Nov 1 – 9:00-10:00am

Part 2 – Building on a Strong Foundation with Heavier Weights

Wednesday, Nov 5 – 5:30-6:30pm

Saturday, Nov 8 – 9:00-10:00am

Wednesday, Nov 12 – 5:30-6:30pm

Your Centre,
Your Community!

