



**STAY ACTIVE! STAY HEALTHY!**



# HOT SUMMER SPECIAL!

**Come have some CIRCUIT FUN**

**Tuesdays from 5-6pm with Roberta Finnie!**



Roberta Finnie is certified through the Manitoba Fitness Council as a Resistance Trainer, and is in the process of completing Sports Conditioning and Older Active Adult certifications. She believes it is never too late to develop and maintain physical and mental function through a more active lifestyle. Roberta's goal is to create a positive and fun experience to help you achieve your goals.

**Circuit Fun** runs gentle circuits that alternate cardio with strengthening and sculpting, followed by group stretching and cool-down. Get out of the heat and into shape with this new program!!

**Call 55 Plus to Register for all 7 weeks:**

Members: \$25 Non-Members: \$30

**DROP IN'S WELCOME!**

**\$5.00/class**

**204-467-2582**

