

**YOU ARE INVITED TO OUR OPEN HOUSE
ON SATURDAY JANUARY 7th, 2012**

from 1:00—4:00 pm.

**Stop by for some refreshments and to
check out our newly renovated facility.
Come for a free workout or try one of our
free fitness classes or just drop by for a
tour and to pick up a copy of an article
“A Healthy Action Plan for 2012” for tips
on a vibrant 2012.**

HOW TO FIND US

**Conveniently located in the Carolyn Fedy Skating Centre at
RIM Park in Waterloo. Enter through RIM Park main en-
trance (near the roundabout and flags) and come through
the food area to the double doors leading into the rink.
Come into the rink and look to the left down the ice to the
doors leading into The Athletic Centre.**

**For more information visit our website or
call Dale at 519-886-5972 x 230**

www.theathleticcentre.ca



**SPECIAL SENIORS
STRETCH & TONE
CLASS
& FITNESS
MEMBERSHIP
DISCOUNT**

**As we age, regular physical
activity is one of the most
important things we can do for our
health. Let us help you
get active now!**

www.theathleticcentre.ca



Register Now

for our Seniors Fitness
Classes starting in
January



CLASS	DETAILS	COST
Seniors Stretch & Tone	MONDAYS & WEDNESDAYS 10:00 am—11:00 am Starts January 23rd 10 week program	1 x week \$90.00 + HST
	Location: PILATES STUDIO	2 x week \$170.00 + HST

Meet our Seniors Stretch & Tone Instructor *Tracy Gowland*

Tracy is a graduate of the Conestoga College Fitness & Health Promotion Program. With a certification in Pilates from the Physical Mind Institute, Tracy is able to focus on functional movement to help prevent injury and provide a better quality of life. She also stresses the importance of stability, postural correction and post-rehabilitation with each individual. Teaching the body to move with fluid, controlled movements allows participants to stay connected in mind, body and soul.



ADULT FITNESS MEMBERSHIPS

Membership Type	Regular Rate	SENIORS RATE
Annual	\$380.00 +HST	\$342.00 +HST
Annual Renewal	\$350.00 +HST	\$315.00 +HST
6 Months	\$230.00 +HST	\$207.00 +HST
3 Months	\$135.00 +HST	\$121.50 +HST
1 Month	\$50.00 +HST	\$45.00 +HST
Day Pass	\$10.00 incl HST	\$10.00 incl HST

EARLY BIRD SPECIAL—SIGN UP BEFORE JANUARY 10th
and *SAVE* an additional \$10 on your membership

MAKE FITNESS A PRIORITY in 2012!

**Introductory 3 Month SENIORS (55+)
Membership for \$110 + HST**

Bring in this flyer to receive this special rate
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