



FITNESS BOXING At RIM Park

Ready for something new,
challenging and fun?

Why not see what fitness boxing
can add to your fitness routine!

Thursdays 5:30-6:30pm for 10 weeks starting January 5th

\$150+tx 10 weeks (**EARLY BIRD before Dec 15**)

\$175+tx 10 weeks (Regular rate)

Equipment required: boxing gloves and handwraps \$55+tx

TO REGISTER OR FOR MORE INFORMATION

eryn@boxingbysyd.com or call 519-571- 1BOX(269)



ZUMBA CLASSES AT RIM Park

Tuesdays 6:00—7:00 pm for 10 weeks starting January 10th

Saturdays 9:00—10:00 am for 10 weeks starting January 14th

Classes at The Athletic Centre studio

Cost: \$60 for 1 x week or \$120 for 2 x week

TO REGISTER OR FOR MORE INFORMATION

Brenda Pitt 519-746-1002 or Brenda_pitt@hotmail.com



**GET FIT
in 2012!**



JOIN NOW! 5000 square foot *FITNESS CENTRE* located

inside The Carolyn Fedy Skating Centre at *RIM Park*

Adult & Youth Memberships

Fitness Classes

Sport Team Conditioning

Personal Training

www.theathleticcentre.ca



Register Now

for fitness classes starting in January at RIM PARK



CLASS	DETAILS	COST
Pilates Beginner/ Intermediate	TUESDAYS 7:00-8:00 pm Starts January 10th for 10 weeks Location: PILATES STUDIO	\$90.00 + HST
Young Athlete Conditioning	MONDAYS & THURSDAYS 6:30-7:30 pm Starts January 2nd for 10 weeks Location: CONDITIONING ROOM	1 x wk \$62.50 +HST 2 x wk \$120.00 +HST
Seniors Stretch & Tone	MONDAYS & WEDNESDAYS 10:00-11:00 am Starts January 23rd for 10 weeks Location: PILATES STUDIO	1 x wk \$90.00 + HST 2 x wk \$170.00 + HST
Indoor Cycling	MONDAYS & WEDNESDAYS 12:00-12:45 pm Starts January 9th for 10 weeks Location: SPINNING ROOM	1 x wk \$80.00 + HST 2 x wk \$150.00 + HST

All classes listed above are included in a FITNESS MEMBERSHIP.

Other classes offered at THE ATHLETIC CENTRE and not included in a FITNESS MEMBERSHIP are listed on the back of this flyer.

ADULT & YOUTH FITNESS MEMBERSHIPS

Membership Type	Regular Rate	Additional Family Members
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	\$50.00 +HST
Day Pass	\$10.00 incl HST	\$10.00 incl HST

YOU ARE INVITED TO OUR OPEN HOUSE ON SATURDAY JANUARY 7th, 2012 from 1:00—4:00 pm.

Stop by for refreshments and to check out our newly renovated facility. Try one of our free fitness classes or for a free workout.

www.theathleticcentre.ca