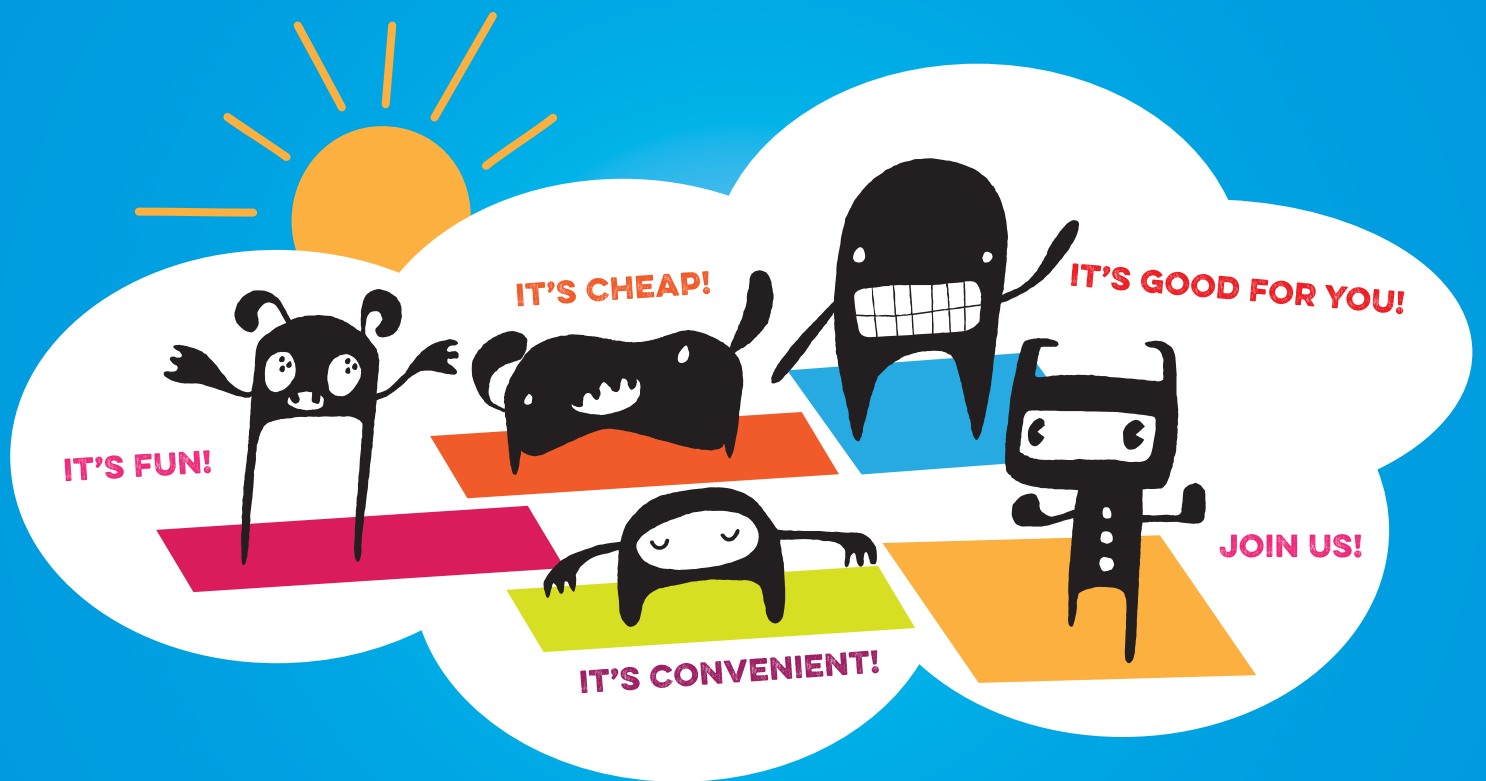


# ACTIVATE YOURSELF WITH SUMMER LUNCHTIME FITNESS CLASSES

Taught by certified instructors, these 50-minute classes will leave you feeling refreshed and ready to face the rest of your day. Our Tuesday class is a full-body workout that challenges your core and major muscle groups, and our Thursday class is an energizing balance of yoga, pilates and stretching.



**Tuesdays + Thursdays • 12:10 to 1:00pm • May 3 - Aug 25**

**\$230** for all 32 classes / **\$120** for 16 classes (ALL TUES OR ALL THURS)

**\$85** for 10 drop-in classes (must be used by Aug 25).

**Classes take place at the Blusson Spinal Cord Centre (10th & Willow).** Mats and props provided.

**Reserve your spot: sign up today, pay by cash or cheque at the first class.**

For more info or to register, contact Cheryl Niamath • [niamath@icord.org](mailto:niamath@icord.org) or 604-675-8844