

Introducing the SIMPLY FIT series

WHO?

All Members of the Canada Games Centre (excluding Day Passes)

WHAT?

Free 45-minute session in the Fitness Centre designed to give you strategies and techniques to help you reach your healthy lifestyle goals.

Cardio/Hoist Circuit – Target heart rate, key abdominal exercises for a strong core and flexibility are discussed. You'll also learn the ideal number of repetitions and sets as well as the proper settings on the HOIST Roc it Circuit system to meet your goals.

WHERE?

CGC Fitness Centre

WHEN?

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---------|-----------------------|-----------------------|----------------------|-----------------------|----------------------|
| 9:00AM | | | | | Cardio/Hoist Circuit |
| 10:30AM | | | | Cardio/Hoist Circuit* | |
| 6:30PM | Cardio/Hoist Circuit* | | Cardio/Hoist Circuit | | |
| 7:00PM | | Cardio/Hoist Circuit* | | | |

*Additional sessions added for January 2017 only

To sign up for a Simply Fit session, call us at 902.490.2580 or stop by the Fitness Centre Desk.