

## Introducing the **SIMPLY FIT** series

### WHO?

All Members of the Canada Games Centre (excluding Day Pass Users)

### 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	Tuesday	Wednesday	Saturday
9:00am			Cardio/ Hoist Circuit
2:00pm	Cardio/ Hoist Circuit		
6:30pm		Cardio/ Hoist Circuit	

**Sign up & attend Simply Fit for a chance to win a free Fitness & Wellness Workshop. Draws are done each month!**

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