

ANNaerobic Fitness & Personal Training

"Invest in Your Body"

TUESDAY & THURSDAY EVENINGS AT ROCKMOSA COMMUNITY CENTRE

FALL Session: Sept 12th to Dec 7th

\$110 for 13 week session - Zumba \$130 - Discount for 3 or more classes

Tuesdays

Bootcamp: 6:45 - 7:30

Zumba: 7:30 - 8:25

Yoga Strength: 8:30 - 9:15

Thursdays

Kickbox Bootcamp: 6:45 - 7:30

Muscle Buffet: 7:30 - 8:15

Yoga Stretch: 8:15 - 9

Register at your first class

****mat required***

***See website for
class descriptions***

***Ann Mammoliti
Certified Fitness Instructor
Certified Personal Trainer***

519-856-9132

***www.annaerobicfitness.com
annaerobicfitness@gmail.com***

