

# Fit & Literate - Fitness class



\$70

Instructor: Sandy Selzler

Have fun getting into shape! Practice interval cycles of resistance bands, toning and cardio in a fun upbeat setting. Please bring your own resistance band.

Drop-in is \$15/session.

Registration deadline: January 11

**Jan. 18-Mar. 1, 2019**

**Fridays 10:00-11:00am**

**Coronation United Church**



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**Community Adult Learning Councils**

