

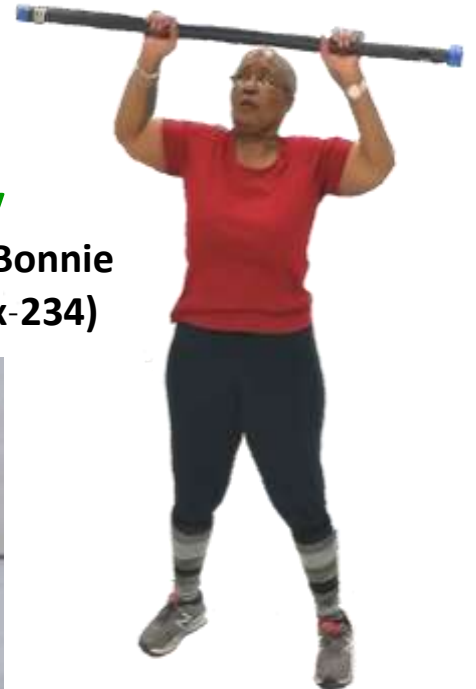
Open Circuit Workout

Now available on
Mondays, Thursdays and Saturdays
starting on Monday April 1, 2019

Drop in fee: \$1 per class
(Membership required)

No registration necessary

For more information please contact Bonnie
(bonnie@ywalc.ca or 416-245-4395 x-234)



Open Circuit Workout includes multiple stations such as: **Cardio** training, **strength, mobility, flexibility & balance** exercises, all adapted to your own ability, and using a variety of equipment.

This program allows participants to come and go in a gym like atmosphere.

Funded by:  Ontario

Ontario Sport and Recreation Communities Fund