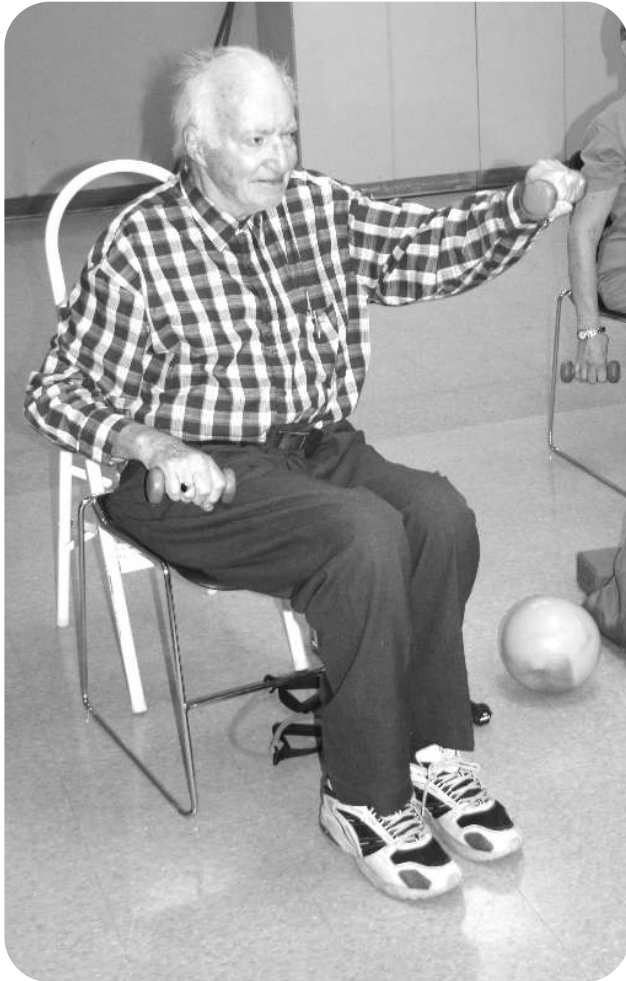


SIT & BE FIT

CHAIR FITNESS

Please see page 5 for Detailed Registration Information

Come and try it out. You won't be disappointed!



Have you heard you should be exercising, but aren't sure where to begin? Are you coping with an ongoing health problem or disability or perhaps afraid you might Winter?

The Sit and Be Fit class can help you maintain your health and independence throughout your life, it will give you more energy, stronger muscles, better balance and flexibility and a happy and alert mind. It doesn't matter how old you are, everyone can reap the benefits of exercise. During the Sit and Be Fit class, our qualified instructors will guide you through a workout that is geared to your fitness level and everyone is encouraged to go at their own pace.

Jan 10 to March 8, 2012
Tuesday & Thursday Mornings
9:15 - 10:15 am

\$61 for 10 weeks (Reg# 1589)
Discount 60+ years
\$55 for 10 weeks (Reg# 1588)

Participants who would like to come and take a class to see whether it is suitable for them, are most welcome to come and try a free class.

WE WANT YOUR FEEDBACK

By giving us your opinion on how the Greenboro Community Centre is doing, we can make the adjustments needed to serve you better.

Have you got ideas for new programs you would like to see us offer?

Did the program you were registered in meet your expectations?

Is there anything at all we can do to improve the community centre?

We have suggestion cards for you to fill out.

We have suggestion cards for you to fill out at our reception desk.