



Days: Tuesdays & Thursdays

Time: 5:30 - 6:30 PM

Session Length: Nov. 16 - Dec. 16 (includes 10 classes)

Location: Strathmore Motor Products Sports Centre

Cost: \$80/ session (Members)

\$72/ session (Non-Members)

\$10/ drop-in fee

Instructor: Erika Takahashi

Registration Begins: Oct. 21 @ 8:00 AM

HIGH Fitness is a leader in group fitness, inspiring people from all walks of life to a lifestyle of better health and overall wellness. HIGH transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (e.g. HIIT, Plyometrics, etc.) with music you know and love. This results in a high energy, INTENSE and fun workout that leaves participants feeling HIGH and wanting more. **All fitness levels welcome!**

For more information, please call the Strathmore Motor Products Sports Centre at (403) 361-2121. Register online at strathmore.perfectmind.com.