



Days: Tuesdays

Time: 5:30 - 6:30 PM

Session Length: Sept 13 - Oct 25 (includes 7 classes)

Location: Strathmore Motor Products Sports Centre

Cost: \$56 for the session (Members)

\$63 for the session (Non-Members)

\$10/ drop-in fee

Instructor: Erika Takahashi

Registration Opens: Aug 15 @ 8am

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.