

Strathmore Motor Products Sports Centre Presents..

Cardio and Strength Conditioning!



Date(s): Tuesday Morning

Session Length: Sept 20-Nov 1

Time: 615am-7am

Instructor: Lisa Montgomery

Cost: \$56/ session (members)

\$65/ session (non members)

\$10/ drop in (space permitting)

Registration Opens: Aug 15 @ 8am

For more information please phone the Strathmore Motor
Products Sports Centre at (403)-361-2121