



STRATHMORE MOTOR PRODUCTS SPORTS CENTRE

# SENIORCISE CLASS

It's never too late to feel great!

Date(s): Mondays & Wednesdays

Session Length: Sept 12 - Oct 26 (Includes 13 classes)

No Class: Oct 10 (Thanksgiving weekend)

Time: 1:00 - 1:45 PM AND a second class option at 2:00pm- 2:45pm

Instructor: Robyn Boucher

Cost: \$52/session (Members)

\$65/session (Non-Members)

\$6/drop-in (only if space is available)

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