



The Corporation of the Township of
NORTH KAWARTHA
Parks and Recreation Department

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www.northkawartha.ca

Summer/Fall 2022 Fitness Classes

At The NKCC Fitness Centre – 340 McFadden Road

Core/Resistance Training Classes (Session One)

Session Dates: Three classes per week, running Sept. 12 to Sept. 30, 2022 (inclusive)

Core (Min. 4 / Max. 7 participants) - \$78.75 + HST for nine classes per session. Drop in fee \$12
Building from the Core out, this class will strengthen and tone the entire body, targeting all major muscle groups. To receive the full benefit of this program, classes are held three times a week for a period of three weeks. If you're looking for a fun and challenging workout, this is your class!

Mondays, Wednesdays and Fridays from 8:30 am to 9:30 am

Core/Resistance Training Classes (Session Two)

Session Dates: Three classes per week, running October 17 to November 04, 2022 (inclusive)

Core (Min. 4 / Max. 7 participants) - \$78.75 + HST for nine classes per session. Drop in fee \$12
Building from the Core out, this class will strengthen and tone the entire body, targeting all major muscle groups. To receive the full benefit of this program, classes are held three times a week for a period of three weeks. If you're looking for a fun and challenging workout, this is your class!

Mondays, Wednesdays and Fridays from 8:30 am to 9:30 am

Please note: It is not necessary to purchase a Fitness Centre Membership to participate in these classes, however, the requisite registration forms must be filled out and are valid for 12 months.

A participant who has purchased an Annual Fitness Centre Membership receives a 10% discount off any class fee.

Payment is by cash, cheque, or debit. Cheques made payable to: Township of North Kawartha

If the minimum numbers of participants are not registered, the class will not run.

To ensure the running of these classes, please register in advance.

Contact Instructor Mark Best at 705-656-2589, or the NKCC at 705-656-4445 Ext. 251

Website: www.northkawartha.ca

Facebook: www.facebook.com/NorthKawartha

Twitter: www.twitter.com/NorthKawartha