



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

P.O. Box 550, 280 Burleigh Street
Apsley, Ontario K0L 1A0
(705) 656-4445
Fax: (705) 656-4446
Toll Free: 1-800-755-6931
www.northkawartha.ca

Summer 2022 Fitness Classes

At The NKCC Fitness Centre – 340 McFadden Road

Core/Resistance Training Classes (Session One)

Session Dates: Two classes per week, running Aug. 15 to Aug. 31, 2022 (inclusive)

Core (Min. 4 / Max. 7 participants) - \$52.50 + HST for six 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 twice a week for a period of three weeks. If you're looking for a fun and challenging workout, this is your class!

Mondays & Wednesdays 8:30am to 9:30am First class: Aug. 15 Last class: Aug. 31

Core/Resistance Training Classes (Session Two)

Session Dates: Two classes per week, running Sept. 12 to Sept. 28, 2022 (inclusive)

Core (Min. 4 / Max. 7 participants) - \$52.50 + HST for six 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 twice a week for a period of three weeks. If you're looking for a fun and challenging workout, this is your class!

Mondays & Wednesdays 8:30am to 9:30am First class: Sept. 12 Last class: Sept. 28

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