

THE GATEWAY RECREATION CENTRE IS OFFERING FITNESS CLASSES – SPRING SESSION

Martine Fortin is an aerobics instructor and a recreation studies graduate with many years of experience in fitness and sport. She will be offering various programs to fit all fitness enthusiasts. The following programs for men and women are offered.

COMPLETE BODY WORKOUT

A 60-minute session that will incorporate: 20 minute cardio/20 muscle/20 full stretching.

Tuesday, from 8:30 am to 9:30 am (11 weeks)

April 07-14-21-28 May 05-12-19-26 June 02-09-16

Thursday, from 8:30 am to 9:30 am (11 weeks)

April 09-16-23-30 May 07-14-21-28 June 04-11-18

REGISTRATION:

You can register by filling the form below with a cheque and returning to the GRC office mail slot or by calling Martine Fortin at 204- 669-2598 or Denis Van Laeken at 204-982-1234-1.

Drop in fee is \$ 6.25 per class.

Minimum of 8 participants per class

NAME _____ ADDRESS _____ CITY _____
POSTAL CODE _____ PHONE (H) _____ (W) _____
E-MAIL _____

PROGRAMMS:

A) TUESDAY 20/20/20 (11 weeks = \$55.00) _____
B) THURSDAY 20/20/20 (11 weeks = \$55.00) _____

TOTAL COST: _____

PLEASE MAKE CHEQUE PAYABLE TO GATEWAY RECREATION CENTRE INC.,
1717 GATEWAY ROAD, WINNIPEG, MB, R2G 4H1

WAIVER

I HEREBY CONSENT TO PARTICIPATE IN THE GATEWAY RECREATION CENTRE AEROBICS PROGRAM CONDUCTED BY THE GATEWAY RECREATION CENTRE INC. I ALSO UNDERSTAND THAT I ASSUME FULL RESPONSIBILITY FOR ANY ACCIDENT THAT MAY HAPPEN WHILE PARTICIPATING IN THIS PROGRAM.

SIGNATURE OF PARTICIPANT (PARENT/GUARDIAN IF UNDER 18 YEARS OF AGE)

DATE _____ NAME _____