



JAN. 4 - FEB. 26

STRENGTH TO

THE SCHOOL

8 Week Small Class Circuits and Intervals

- Core-driven strength exercises; multi-level options
- Finishing with a breath-driven ioga-stretch
- Progressing in strength and intensity class-by-class

Walk out of the class energized!



Fund- Raising Strength Training Classes

**Half of your
registration
fees go to
EPS!**

**Wednesdays
9:15-10:15**

Only \$95

OTTAWA FIT

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