

# Super Seniors



Monday's Sept. 19 - Dec. 12

6:30 - 7:30 pm

@ SRHS

Registration: \$53

Pre registration is required

Welcome all ages 55+ to this new fitness program led by instructor Jeff Walker who has over 20 years experience. Whether you're new to exercise or a seasoned workout veteran you won't want to miss this fun, safe and informative class.

To register call

875-2831 or email

[community.srhs@tcrsb.ca](mailto:community.srhs@tcrsb.ca)

