



## Combermere Community Centre

**Monday & Thursday**

**Starting Monday**

**17 Oct 22 at 7:00 pm**

**Drop In- \$10.00**

### Setting Realistic Fitness & Healthy Eating Goals

Each participant must supply their own equipment, such as a mat and resistance bands or hand weights.

Water bottle and towel is recommended.

**All ages welcome!!!**

**For registration contact Norma Woods at 613-583-7971 or  
normawoods7@gmail.com**