



# Seniors

# Weight Training & Fitness



**Classes  
variety of  
fitness programs for seniors 60+**  
Instructor: Travis McMurray Fitness Consultant

**include a  
supervised**

**Tuesday & Thursday  
Sept. 14 – Dec. 2  
1:00-2:30 p.m.**

**\$30.00 PUNCHCARD with 10 visits**

**OR**

**\$4.00 drop-in-fee**

**OR**

**Weightroom membership**

**To register or for more info: call  
Canadian University College  
Physical Education Center**

**782-2822**

