

Get Out Get Active KICK-OFF – ZUMBA!

When: **Monday**, April 25, 2016, 12-1pm

Where: TransAlta Tri Leisure Centre, 221 Jennifer Heil Way, Spruce Grove – SW Field

Cost: FREE DROP-IN! NO ADMISSION! OPEN TO EVERYONE!

***Get Out Get Active Resistance Training:** A 30 minute resistance training and cardio program that is designed to help develop balance, muscle strength, heart health and core stability.

CLASS IS FULL!

When: **Wednesdays**, April 27 - June 15, 2016, 12:15-12:45PM

Where: TransAlta Tri Leisure Centre, 221 Jennifer Heil Way, Spruce Grove – 2nd level, Studio

Cost: REGISTER ONLINE @ www.getoutgetactivepcn.com, then

Call #780.960.9533 Ext 232 to sign up for **free classes**

***Get Out Get Active Step:** A 30 minute cardio class that strengthens and shapes the whole body one step at a time. Energetic music and choreography create an enjoyable class for all fitness levels.

When: **Fridays**, April 29 - June 17, 2016, 12:15-12:45PM

Where: TransAlta Tri Leisure Centre, 221 Jennifer Heil Way, Spruce Grove - Studio

Cost: REGISTER ONLINE @ www.getoutgetactivepcn.com, then

Call #780.960.9533 Ext 232 to sign up for **free classes**

WALK WITH WESTVIEW in **Stony Plain**, 12:15-12:45PM

May 2, 9, 16, 30 Meet at Town Hall @ 4905-51 Ave (front doors)

*spaces are limited