



**We have re-located to
110 Anne St South unit # 9.**

**This is the plaza with Three Small Rooms,
we are between Henry's Fish & Chips & Dakota's sports bar.**

**We are looking to add new class times
and would like your suggestions!**

**What time of day would you like to have a class?
& what kind of class would you like to see.**

**Before you go to work, after work, on your lunch, before you head home
or later in the evening, whatever one fits your lifestyle.**

**Fill out this form and you could win a FREE
month of your choice of classes offered.**

**We run classes in Judo, Tai-chi, Cardio kickboxing
& now Yoga.**

We also offer Personal Training.

728-0624

These are the times of our classes now.

JUDO

Tuesday & Thursday – 6:15 to 7:30 pm.....Kids & Pre-Teens
Tuesday & Thursday - 7:30 to 9:00 pm.....Adults

TAI-CHI

Monday & Wednesday & Friday..... 10:30 to 11:30 am
Monday & Wednesday.....6:30 to 7:30 pm

EXERCISE CLASS

Monday & Wednesday & Friday – 5:30 to 6:15 pm.....Kickboxing Cardio

& now YOGA

We are looking at morning, lunch time, late afternoon & evening classes during the week, and also weekend classes.

Personal Training....Let's set up a time for you & I to get together...

www.allroundhealthandfitness.ca

Please call about times first.

If you have a group we will run a class just for you...just ask

Our classes are always FREE to try out, so why not challenge a friend to a great workout

Bill Shoup

728-0624

What day of the week.

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

What time of the day

Morning _____ Lunch time _____ Late afternoon _____ Evening _____

What type of class

Yoga - Tai-chi - Cardio Kickboxing - Judo

Is there another kind of class you would like to see?

Enter to win a FREE month.

Your name: _____

Your phone number: _____

Email: _____

www.allroundhealthandfitness.ca

Bill Shoup

728-0624

110 Anne St South Unit # 9



WIN



WIN