



Exshaw Classes and Workshops

Information & Registration:

www.mdbighorn.ca/327/Fitness-Recreation-Classes



EXSHAW GYM STRENGTH PROGRAM

A fitness program that is customized for you to do at the gym here in Exshaw designed by Personal Trainer & owner of Excel fitness- Christa Chasse. A free online consultation is done before each session.

You will leave with the proper knowledge on how to do the exercises safely. You will receive a paper format program that you can follow and use on your own time. Modifications can be given for any fitness level and each session only allows 4 people so there is a lot of one on one attention. Series #1 session date:

November 20

7:00-8:00pm

More sessions to be offered based on interest!

Cost: \$75.00

To register contact

deb.grady@mdbighorn.ca



Instructor: Christa Chasse, Excel Fitness

\$75 + GST

Register through the MD by November 15 – minimum 2, maximum 4 participants

Arrive early, classes will begin on time