



October 1st-7th is *in motion* week!

TAKE THE COUCH POTATO PLEDGE!

"I promise, to never again be a couch potato! And I promise from here on in, that I will live my life in motion! Physical activity - do it for life!"



www.swarginmotion.com



Connect with your local recreation centre for more details on how to get *in motion*

OCT. 3 IS WALK-IN WEDNESDAY!

Vollmer Complex, 2121 Laurier Parkway ~ 519-969-7771

www.lasalle.ca

FREE Fitness Classes

- Morning Crunch at 6:05 am
- Zumba at 9:30 am
- Quick Sculpt at 12:15 pm
- Feel the Burn at 7:00 pm

FREE Leisure Swimming

- 10:00 am – 1:00 pm
- and
- 2:30-4:30 pm