



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*

Get *in motion* with a friend at the Leamington Kinsmen Recreation Complex

Wednesday, October 3, 2018

Bring a friend to any Fitness/Aquatic Fitness Class for free!

Not a member? 2 Friends come for the price of 1

Check out the line-up of classes at leamington.ca/recreation