

# Circuit Training

**Monday 6:30 p.m. and Friday 6:00 p.m.**

**At the Woodcreek Community Centre**

**1991 Woodview Drive S.W.**

*Program begins January 5, 2018*



**Please contact Inesa Ursu 587-500-4572 or [inesa.iursu@gmail.com](mailto:inesa.iursu@gmail.com) for information**

Body Sculpt and Circuit Training:

**Circuit training** is the most time efficient way to enhance cardiovascular fitness and muscle endurance. Studies show that circuit training helps women to achieve their goals and maintain them longer than other form of exercise or diet.

You will receive:

- Accountability in achieving your goals
- Healthy eating guidance
- Fat burn and lean muscle mass
- Better posture and release back pain
- Energy and stamina

“I am not here to be average, I’m here to be awesome”