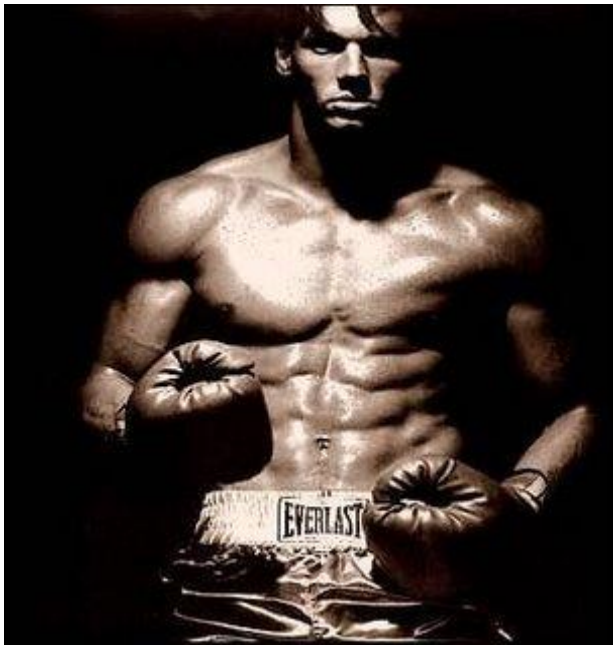


LIKE YOU HAVE
NEVER FELT IT BEFORE
CARDIO BOXING
for MEN / pour HOMMES

Arms, Abs and LEGS



Starting March 9th to April 1st, 2010
débutant le 9 mars au 1 avril 2010

Tuesday & Thursday 6pm to 7pm
mardi et jeudi 18 h 00 à 19 h 00

8 sessions / 67.20\$
1 session / 11.00\$

Équipement à apporter / Equipment you'll need to bring

- | | |
|-------------------------|----------------------|
| - Gants (10 oz max) | - Gloves (10 oz max) |
| - 'Focus Pads' | - Focus Pads |
| - Enveloppes à poignets | - Wrist Wraps |

Cardi-O-Centre
(705) 335-3100

VIE ACTIVE2010

Bring a partner and get in shape!