

Currently there are 5 definite registrations----BUT we need 5 more in order that the class be added to the Activity Calendar.

Wednesday, August 20 is the registration cutoff date ..don't miss this opportunity.



September 10th, 2025

to

November 12th, 2025

8:30am – 9:30am

Cost: \$60.00 pre-paid for 10-week session or \$8.00 per week drop-in fee

Instructor: Tracy Rollo... Certified Fitness professional

Class emphasizes: Balance, strength, flexibility, mobility

Requirements: Minimum of 10 registrants
Must be a member

Note: if the minimum registrants are not met the class will not be held

When the 50+ Fitness Class participants became aware that their Fitness Instructor, Tracy Rollo, was relocating out of town, they really wanted the class to continue with Tracy as the instructor! The Society didn't want to lose the opportunity to continue offering a Fitness Class for the members!

In order to make the Fitness Class happen, and continue enjoying Tracy's personality & support for good physical fitness for those members who are in the 50+ age range...

The Society came up with an answer.... a video gathering... and a plan has been implemented!

The 50+ Fitness Class participants will be physically IN the Activity Center main room and our Instructor, Tracy Rollo, will be OFFSITE. Tracy will join in person for the first class, on September 10th and from then on classes will be held via video connection on our LARGE screen in the main hall.

Registrations MUST be confirmed and pre-paid on or Before Wednesday, August 20th, 2025.

Email lakecountryseniorscentre@gmail.com to **Reserve Your Spot.**

Payment may be made by etransfer to lakecountryseniorscentre@gmail.com or by cash/cheque by attending the office at the Centre any Wednesday between 10am and 12pm prior to August 20th, 2025.