

# Deloraine Winchester Recreation District

## FITNESS CLASSES



Program is scheduled to start OCT 9<sup>th</sup>

and run every MONDAY for 10 weeks ending DEC 11<sup>th</sup>

7:00 pm – 8:0 pm – Deloraine School

COST – 120.00

**\*\* Minimum 8 people to participate for session to run \*\***

Instructor is Mike Langdon, BKin(AT), CAT(c)

Bachelor of Kinesiology, majoring in Athletic Therapy. BKin(AT) from the University of Manitoba

Certified Athletic Therapist. CAT(c)

Currently working as an Athletic Therapist in a clinical rehabilitation setting

For more information, please contact Liza Park – Recreation Director at 747-3668 or via email [liza@delowin.ca](mailto:liza@delowin.ca)

*Individual Assessment & Fitness Evaluation / Strength & Conditioning / Consultation & Program Design will be available with Mike as well. Please contact me for more information!*

To register for COED Fitness Classes please fill out form below:

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NAME: \_\_\_\_\_ Phone/Cell Number: \_\_\_\_\_

PROGRAM NAME: **FITNESS CLASSES**

EMAIL ADDRESS: \_\_\_\_\_

PAYMENT Full Session - \$120.00  Cash  Chq (Chqs payable to Municipality of Deloraine Winchester)

*Full payment is required to confirm your registration. **Registration is due by Oct 6<sup>th</sup>** be dropped off at Recreation Office at Municipality Office, or mailed to box 387, Deloraine MB, R0M 0M0. \$5.00 Late Fee will be enforced!!*

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

For Office Use CHEQUE # _____ CASH _____ RECEIPT# _____ ISSUE BY: _____
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