

FIND YOUR FIT

at the Fitness Circuit & Terry Fox Track

Located at the SaskTel Sports Centre in Forest Park

Phone: 657-5757 • 150 Nelson Road

Are you looking to improve your health and physical condition and tired of traditional gyms?

Circuit style resistance machines are easy-to-use and offer an efficient, effective and safe total body workout in just minutes.

**Try it out and join us for our
FREE ACCESS DAYS from Sept 23-26!**

A fitness consultant will be available on site for an orientation and consultation of the fitness circuit equipment from September 23 – 26.

Thurs, Sept 23	05:00 pm-08:00 pm
Fri, Sept 24	09:00 am-12:00 pm 05:00 pm-08:00 pm
Sat, Sept 25	10:00 am-03:00 pm
Sun, Sept 26	01:00 pm-04:00 pm

Enrol in one of our Fitness Programs!

Learn to Pole Walk • Learn to Circuit • Cardio & Circuit

Registration for these Fall programs begins Aug 22 at 6 PM.

For more information, please refer to the Fall 2010 Leisure Guide or visit www.saskatoon.ca (look under 'F' for Fitness Circuit & Terry Fox Track)

For more information about the listed programs, phone 975-7808 or visit www.saskatoon.ca (look under 'F' for Fitness Circuit & Terry Fox Track).



**FITNESS CIRCUIT &
TERRY FOX TRACK**

