



Try a Teen Fitness Class for \$10 at The Fairlawn Neighbourhood Centre!

Join us at The Fairlawn Neighbourhood Centre for these great programs. Our classes are close by your home and your school, so they are easy to attend. Register at our Welcome Desk or try your first class for only \$10.

Annual membership at the Centre is required for all programs and allows us to offer programming at a reasonable cost to all community members. Individual membership: \$20 / Family membership: \$35

For programming details and availability visit our website

www.fairlawnneighbourhoodcentre.com or call us: 416-488-3446

High School Boot Camp

Fitness for Grades 9-12



Get ready to kick into high gear! This class will get you pumped. Drills, push-ups, jumping jacks and squats will challenge most fitness levels. Count on lots of new moves to improve your cardio level, strength, and flexibility. Remember to bring water!

Teacher Donna Berge-Becker is a certified CanFitPro fitness instructor, personal trainer and fitness consultant. She has more than 20 years of experience and is passionate about helping make fitness fun for all ages.

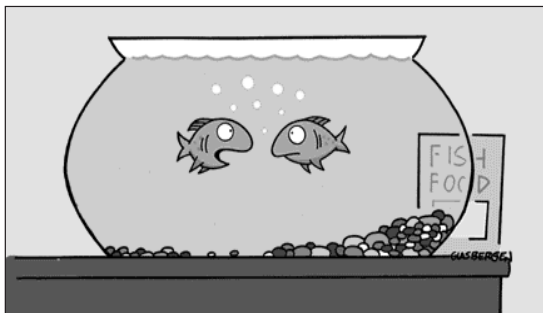
YE17S

8 weeks

**Thursday April 8 - June 10
(No class Apr 22, May 27)**

7:45 - 8:45 p.m.

\$80



"I pay you five pebbles a session to be my personal trainer, but all we ever do is swim!"

Teen Tai Chi



Martial Arts are at the Centre! Tai Chi is an ancient Chinese martial art, developed more than 3000 years ago by Buddhist monks to protect themselves from bandits. Imagine how it can help you! Our Tai Chi expert will teach fast form techniques which can be used for self-defence or just improving your physical development. Wear loose clothing and bring flat shoes. This will be a course in the Dong Family Fast Set.

Teacher Rob Metcalf has been practising Tai Chi for nineteen years as a disciple of Master Alex Dong and Grand Master Zeng Chen Dong of Hawaii.

YE19S

10 weeks

Wednesday April 7 - June 9

5:30 - 6:15 p.m.

\$75

The Fairlawn Neighbourhood Centre

28 Fairlawn Avenue at Yonge Street
fnc@bellnet.ca

www.fairlawnneighbourhoodcentre.com