



**Mondays & Wednesdays at  
Dwight Ross Elementary, 6pm**

**\*\*\*NEW CLASS TIME\*\*\***

*Sept 27*  
**Tuesdays & Thursdays at the  
Kingston Arena, 9:30am  
Great new morning class,  
same rockin' moves**



**[www.Group Effort Fitness.ca](http://www.GroupEffortFitness.ca)**

**Holly Walker**

**Fitness Instructor Specialist**

**[holly@groupeffortfitness.ca](mailto:holly@groupeffortfitness.ca)**

**584-7177**

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