

B.Y.O.B
(Bring Your Own Ball)

WINTER STABILITY BALL CLASSES



Monday Evenings 7:15- 8:15 pm
Jan. 9th – March 12th
\$65 per 10 class session
Woodstock Civic Centre Community Room

***For more information or to register contact certified
Group Fitness Instructor Jackie Van Dijk @
myvandijk@hotmail.com or 328-4798***

(Please register in advance as class size is limited)