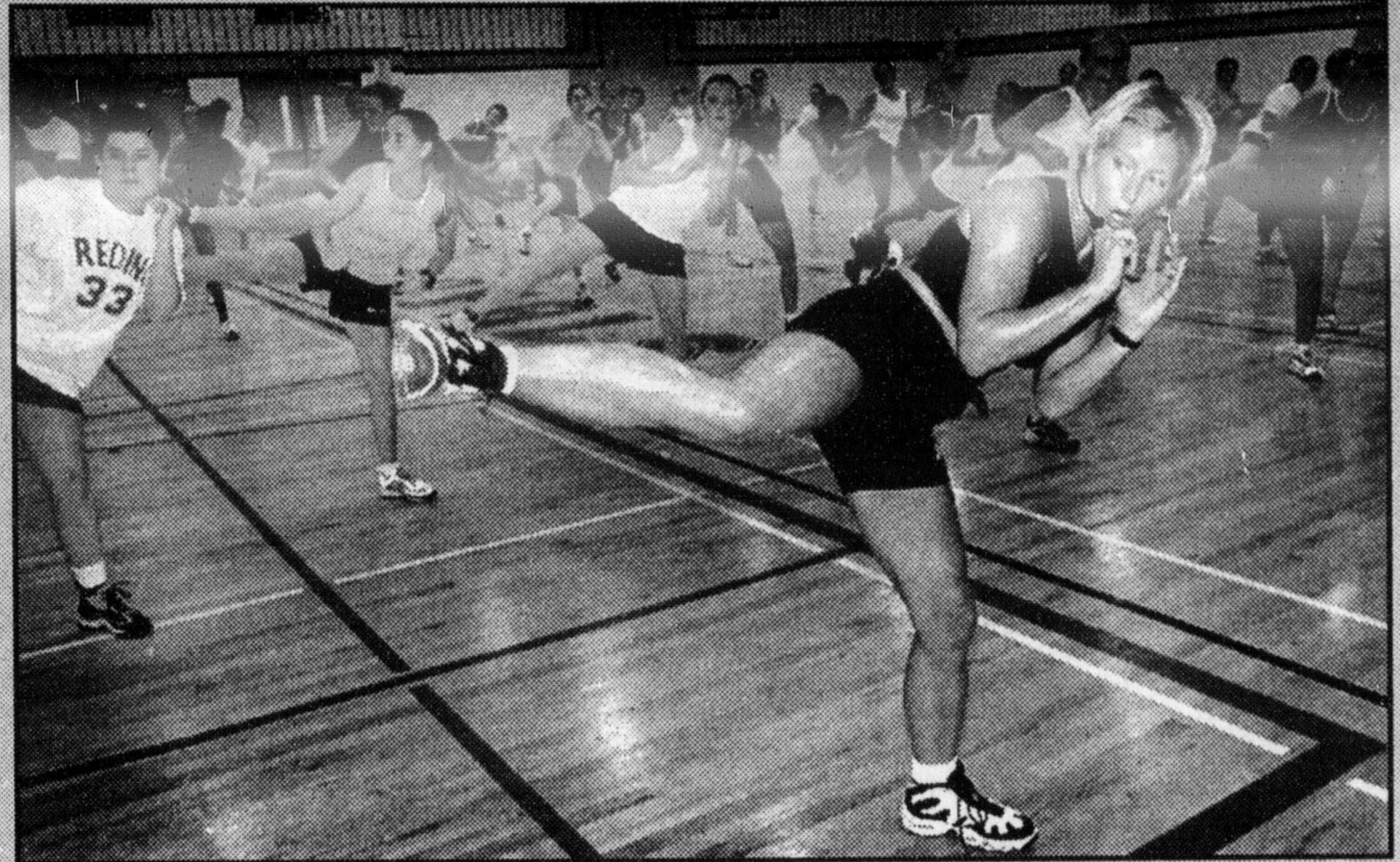
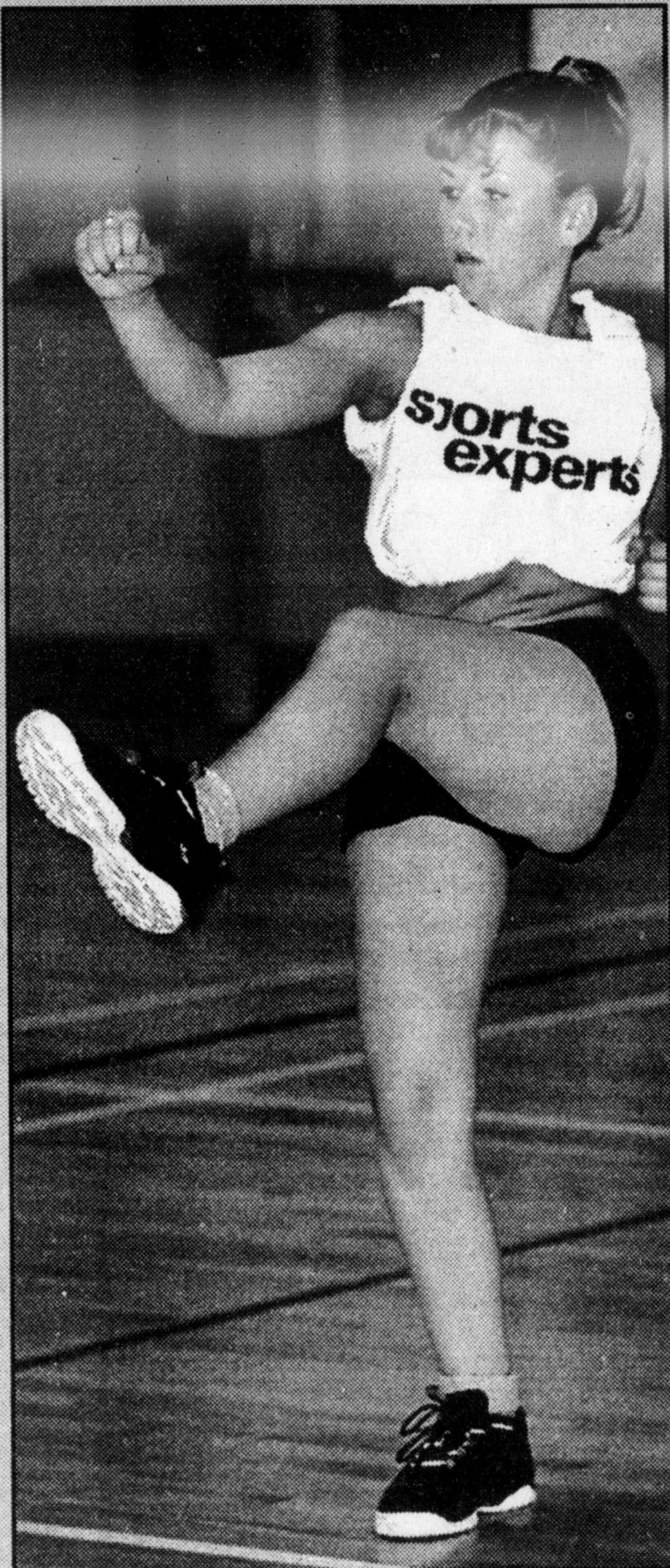


Photos by GRAHAM PAINE



A leg up

Bishop Reding students took part in a Tae Bo/Boxercise workout in conjunction with the school's F.I.T.T. for Heart fundraising effort. Among those put through their paces by instructor Julie Mason (far right) were (above) Amy Power and (right) Laura Smith. Proceeds from the event went to the Heart and Stroke Foundation.

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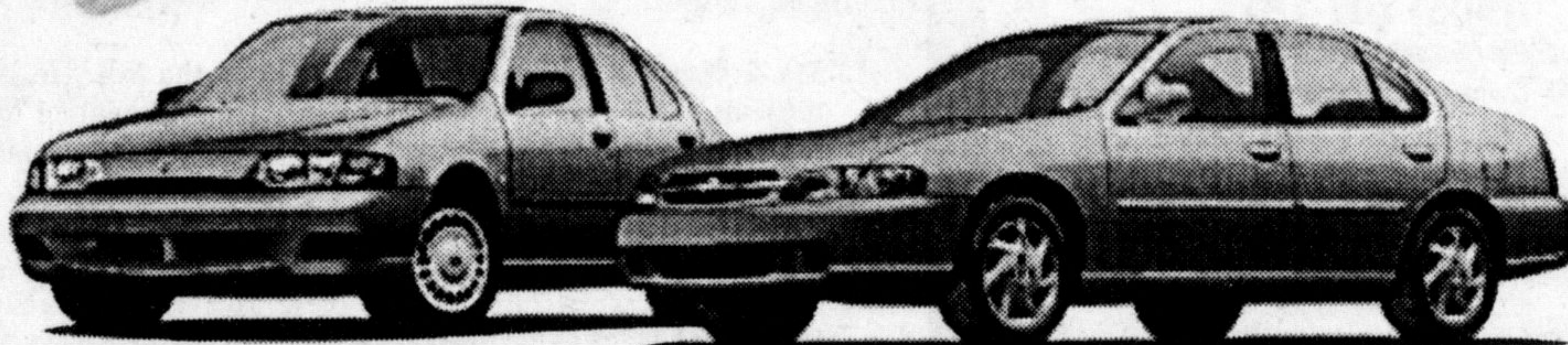
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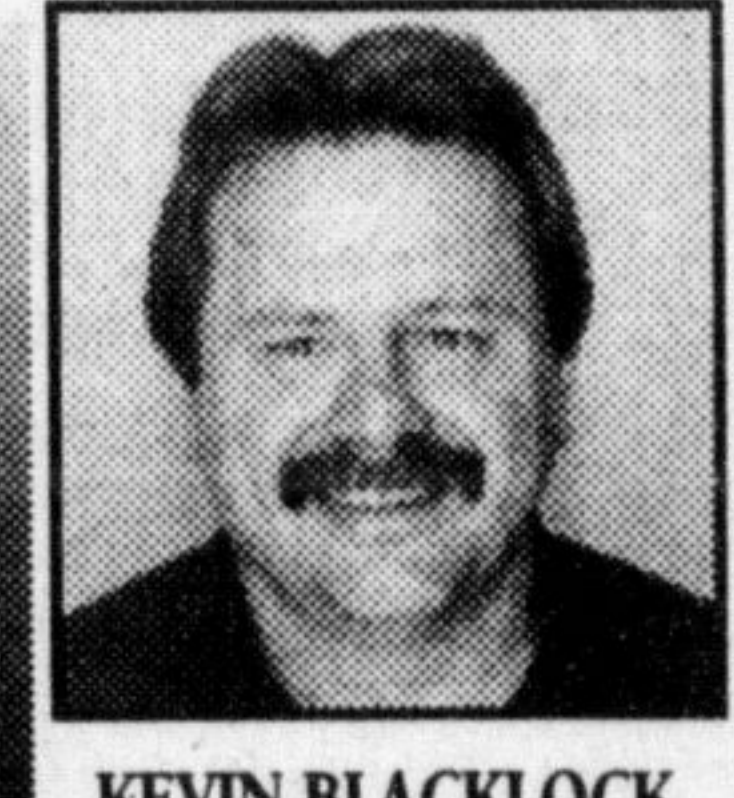
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