

AURORA

Aurora Senior P.S.
Thursday, 6:30 - 8:00 p.m. (7 - 11 years)
8:00 - 9:30 p.m. (12 and over)
Sept. 27 - Dec. 13
\$25.00 (12 weeks - 12 sessions)

The Y's Way to a Healthy Back

This is a new course being offered at the 'Y' intended for three types of people:

- 1) Those who have experienced periodic or chronic back pain.
- 2) Those who would like to strengthen their backs in order to avoid muscle atrophy and relieve tension.
- 3) Just about anybody who wants to come in and go through 30-45 minutes of relaxation exercises.

Participants will be taught the proper ways of doing the exercises and given a supplemental home program. The course fee includes mini-lectures and slide shows on the back anatomy and general exercise physiology.

RICHMOND HILL

'Y' Centre
Thursday, 8:00 - 9:00 p.m.
Sept. 27 - Dec. 13
\$35.00 (12 weeks - 12 sessions)

FITPAK HEALTH CLUB

We have a well-equipped facility and concentrate our energy on professionally based individual programs. We do a fitness analysis on each member before you start your program, and repeat it every twenty visits so that we can stay on top of your progressing fitness level. Full use of facilities including Sauna.

Procedures for Joining

- 1) Examine our facilities, make an appointment for a testing session, and pay your fees.
- 2) Bring running shoes, shorts and a loose top for the testing session which will take about 40 minutes.
- 3) 48 hours after your test, you will have your first supervised workout.
- 4) Every 20 sessions, we re-test you and adjust your program.

	One Year	Six Months
Men and Women (18 and over)	\$110.00	\$75.00
Youth (male and female, 15 - 17)	60.00	N/A
SPECIAL SENIOR CITIZEN RATES (Men and Women age 65 & over)		
Senior Men and Women	\$ 85.00	

One Month Trial Membership is available to any person 14 years or older at \$20.00 a month. Payment must be by cash only and will be credited towards your yearly membership fee.