

**BE  
GOOD  
TO  
YOURSELF**

*This Year*

**AEROBICS  
STRENGTH TRAINING**

**MEMBERSHIPS AVAILABLE  
TO THE COMMUNITY  
CALL OR COME IN TODAY!  
416-757-8757**

**New Exercise Class Level #5**

Vigorous Aerobics- Standing and Floor  
Exercise & using Hand weights  
1 hour long class starting  
Wednesday January 16 at 10:30am  
in the large Meeting Room

Participants must wear  
comfortable clothing and foot wear.  
Yoga mats are available or you can  
bring your own mat.



**St. Clair O'Connor Community INC.**

2701 St. Clair Avenue East, Toronto, On M4B 1M5

**FIND US ONLINE AT: [WWW.SCOC.CA](http://WWW.SCOC.CA)**