



JOIN THE J FITNESS EVENT

Come and work out with us and support the Joseph Brant Hospital Foundation's Join the J Campaign

Anyone can use the club or attend a class without membership, by making a donation to the Join The J campaign. Tax receipts will be issued by the Joseph Brant Hospital Foundation for donations of \$20 or more.

SCHEDULE OF EVENTS

Saturday

8:15am - 9:15am Cycle with Weights w/ Wendy
9:30am - 10am High Intensity Interval Training w/ Tristan
10am - 10:30am Kids Bootcamp (ages 10+)

Sunday

8am - 9am Cycle with Sylvia
9:15am - 10:15am Yoga Level 1 w/ Iris
10:30am - 12pm Self Defense w/ Shikomu Karate Club
12:30pm - 1:15pm Kids Bootcamp (ages 10+)

WHEN

**SATURDAY JUNE 17th
& SUNDAY JUNE 18th
8am - 5pm**

WHERE

**THE FITNESS FIRM
15 PLAINS RD. W
BURLINGTON, ON**

DONATE

In person at the club OR
go to our website at
TheFitnessFirm.ca
to donate online.