

**NOW
REGISTERING
FOR MAY**



GLA:D™
CANADA



mobilefitness

GLA:D Graduates, Join our Zoom:

Osteoarthritis Fitness Classes

**Spring
2023**

Small-group, tailored
Exercise Program by
Nationally-Registered,
Certified & Specialized
Fitness Professionals

8-week Session on Zoom
\$99 / 1 class per week
\$178 / 2 classes per week

Next Session Starts: May 2023
Tuesday/Thursday 10:30 Level 1
Friday 9:30 Level 1 & 10:30 Level 2

Register Now:

(Tuesdays or Fridays) Andrea: mobilefitness@hotmail.com

(Thursdays) George: ghojbota513@rogers.com

