

# STAYING ACTIVE, HEALTHY & ENGAGED

## Join Our Live Stream Exercise Classes



Liam Depodesta

### **Pump it Up** **Tuesdays & Wednesdays** **10am**

This an 45 minute exercise class that will improve your cardiovascular endurance, increase your muscular strength and improve your balance.



**REGISTER BY CALLING US AT**

Phone: 1.800.315.4417 or  
Email: [marlon.bruiners@lifemark.ca](mailto:marlon.bruiners@lifemark.ca)