

MEN'S VON 'SMART' WORKOUT GROUP

Seniors Maintaining Active Roles Together

Every Monday, Wednesday and Friday at about 9:00am in St. David's Kirk Hall (since Feb 2005 following a presentation to the Woodstock-Oxford Men's Probus Club by St. David's own, Sylvia Smith); a group of men that proclaim "we're not getting older ... we're getting healthier". We meet for about a one hour + morning workout.

These workouts are led by certified VON Instructors and consist of a warm-up, cardio exercise, strengthening, balance, stretching and a period of cool-down. No special equipment is really necessary except running shoes and comfortable clothing. Everyone is encouraged to participate whenever it is convenient.

These workouts are FREE ... the benefit is PRICELESS.

The group of men that benefit from these exercises stands at about 20+ many are from the Family of St. David's, but not all. The workouts are led on Mondays by L. Baer; Wednesday by C. Uchacz and Friday by J. Somers plus there are other certified VON Instructors that lead us from time to time.

... DID WE MENTION THAT THE WORKOUTS ARE FREE?

Drop in some morning and 'check us out'...

Or ... better still, come to a class and participate!

MEN ... we would love to see you join our group!!

The benefit will be all yours!!!

For Information call: 519-539-1231 ext 230

To Register Call: 1-888-641-5197