



**Winter 2012 SESSION**  
**January 9th to March 18th**

902 431-6992  
halifax@outdoorfitness.ca

HEAD OFFICE  
Montreal & South Shore: 450 646-3699  
Outside Montreal: 1 877 327-5530

**HALIFAX - POINT PLEASANT PARK - Tower Road Parking lot**

The activities at Point Pleasant Park will start again in March 2012. Thank you!

**DARTMOUTH - Shubie Park - Fairbanks Centre Parking Lot (Locks Road)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						9am-10:15am Cardio Bootcamp Annie
	7pm-8:15pm Cardio Bootcamp Annie					