



Spring 2012 SESSION
March 26th to June 17th

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 -11:15 a.m. Stroller Fitness Annie			10:00 -11:15 a.m. Stroller Fitness Annie		9:00 - 10:15 a.m. Outdoor BootCamp Annie	
	7:00 - 8:15 p.m. Outdoor BootCamp Annie		7:00 - 8:15 p.m. Outdoor Body Sculpt Annie			

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						9:00 - 10:15 a.m. Outdoor BootCamp Amanda
		7:00 - 8:15 p.m. Outdoor BootCamp Amanda				