

Why register for a  
Fitness Program?

- Great motivating workouts
- Safe and Progressive for best results
- Meet new people
- Always different and never boring
- Have Fun!

INSIDE  
THIS ISSUE:

- Retirement |
- Winter is Here |
- Holiday Hours |
- Fitness Program Schedule 2

# Inside Track

FITNESS CENTRE

WINTER 2009/10

## RETIREMENT AROUND THE CORNER

The Manager of the Confederation College Fitness Centre, Ron Fearon, has recently announced his retirement after 33 years of dedicated service. His official day

of retirement is February 28th/10. The Fitness Centre staff would like to wish Ron a happy retirement and the best of luck on his next journey in life.



## WINTER IS HERE

Winter is here and with it comes the dirt, snow, and ice. Please help to keep the Fitness Centre clean by cleaning your outdoor shoes on the boot cleaner provided at the front entrance in order to maintain a clean and dry environment for all. A friendly reminder to all that proper indoor footwear must be worn while in the Fitness Centre.



## HOLIDAY HOURS



December 24th  
*Christmas Eve*  
5:00 am - 3:00 pm

December 25th  
*Christmas Day*

**Closed**

December 26th  
*Boxing Day*  
1:00 pm - 4:00 pm

December 27th to  
December 30th

Regular hours

December 31st  
*New Years Eve*

5:00 am –5:00 pm  
January 1st  
*New Years Day*

1:00 pm -4:00 pm  
January 2nd on

Regular Hours

# Inside Story Headline



Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

# Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an edi-

torial. You can also profile new employees or top customers or vendors.

# Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

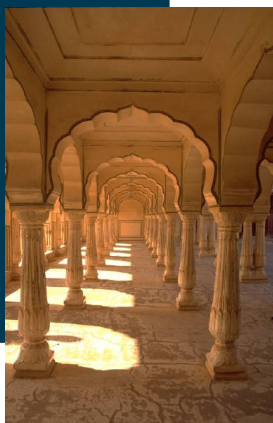
Think about your article and ask your-

self if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several

tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

# Inside Story Headline



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# Winter Fitness Program Schedule

Registration begins December 14th, 2009  
14 weeks sessions begin Monday, January 11th to April 17th, 2010

<b>CLASS</b>	<b>DAY</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
<b>MORNING PROGRAMS</b>			
Morning Energizer (I/A)	M,W,F	9:30 – 10:30 am	Lisa Geurts
<b>AFTERNOON PROGRAMS</b>			
Lunch Express (I/A)	M,W,F	12:10- 12:50 pm	Lisa Geurts
Pace Express (B)	T, TH	12:10 –12:50 pm	Lisa Geurts
<b>EVENING PROGRAMS</b>			
Happy Hour (I/A)	M,W,F	5:00 – 6:00 pm	Anne Parr
Hatha Yoga (B/I)	M,W	5:00 – 6:00 pm	Shirley Delorme
Kardio Kick (B/I)	T, TH	5:00 – 6:00 pm	Kayla Dixon
Cardio Pace (B)	M, W	6:00 – 7:00 pm	Anne Parr
Spin & Abs (B/I)	T, TH	6:00 – 7:00 pm	Karli Storey
Butts & Gutts (B/I)	T	7:15 – 8:00 pm	Carly Pugliese
Total Fitness	M, W	7:30 – 8:30 pm	Contact Anne Parr @ 577-9620

*B = Beginner I = Intermediate A = Advanced*

**Register online @  
[www.fitnesscentre.com](http://www.fitnesscentre.com)**

**Register before January 6<sup>th</sup>, 2010 to avoid a \$10 late fee  
For inquires about Fitness Programs contact Carol Arvonio @ 475-6484**

