

COME IN OUT OF THE COLD AND EXERCISE WITH JUDY

Have you enjoyed the summer weather when you were able to get out for a walk or run and exercise under the warm sun? Well the colder weather will be upon us soon and with it comes that dreadful snow! Outdoor exercise will become more difficult as the weeks go by.

So come and join Judy Fleming as she opens her new indoor exercise area – she has 1300 square feet of space where you can come and try out the equipment she has on hand or just walk around her 100 step walking path. There will be rebounders for you to try as well as the “FIT 10” exercise routine and Exerstrider Walking Sticks to help you get a good workout while you stay warm & dry.

EXERCISE WITH JUDY

Come and try us out for **FREE** then if you like it join up for just **\$15 per month** and when you are here you can get a glass of VEGGIE Juice for just \$2.00!



We can't give you the beach but we can keep it warm and dry inside.

We can show you how to exercise easily and safely in just 10 minutes with this FIT 10 product!



Bounce the toxins out of your Body while having fun!

We are open from 9am – 12 noon
each day Monday – Friday
starting October 30th, 2017.

You can stay for 20 minutes
up to 2 hours if you want.

Come every weekday or as often as you like.



We are located at 483 Conestogo Road Phone: 519-885-9558

Check us out on our website www.myhdiet.ca

Come to the side door for the exercise group