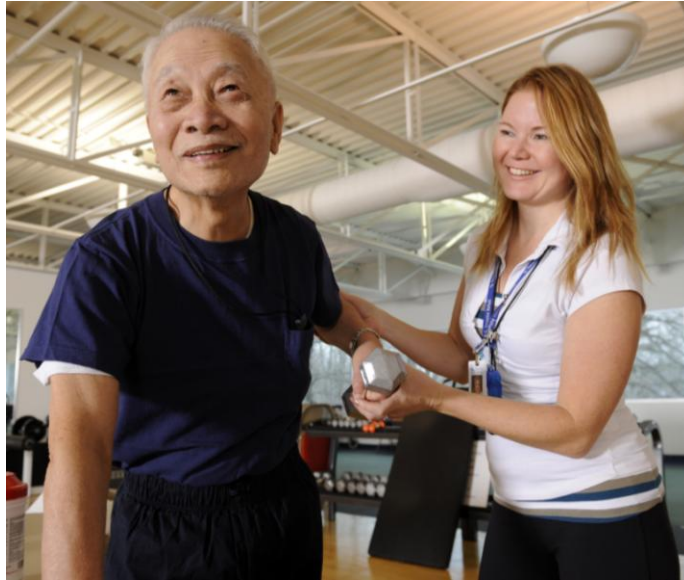


Has your weekly program come to an end?



Staying on Track

Grad Drop-in Exercise Sessions @ Rumsey

Every Monday 8:30 - 10:00AM

Every Tuesday 6:00 - 7:30PM

Indoor / outdoor track

Cardio and resistance training equipment

Cardiac Rehab Supervisor assistance

Physician on site for emergencies

Prepaid

1 year - \$200

6 months - \$130

1 month - \$25

Pay As You Go

10 sessions - \$40

1 session drop-in - \$5

Pick up your Staying on Track Access Pass at Reception today!

For more details, call 416-597-3422 Ext.5271



Rehabilitation saves life.

