



Camano Island Fitness

Starting January 12, 2012

***Bringing Low Impact Aerobics & Core
Conditioning Class to the Camano Center.***

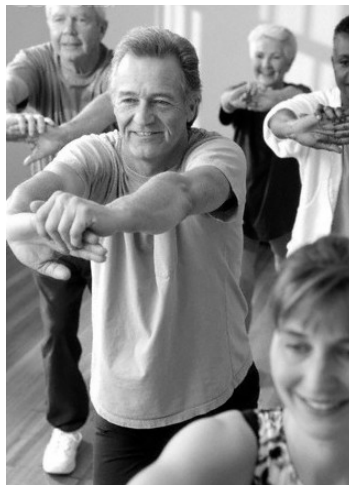
**Monday & Friday 8:30—9:30 am
Tuesdays 5:30—6:30 pm**

Camano Island Fitness is happy to have popular aerobics and water aerobics instructor Kathy Leone instructing classes. Cost for classes is \$7/class or \$50/ 10 classes.

Join the Fitness Connection

Thursdays 5—6pm

Bring your friends and join together for a new weight loss support group, including accountability, nutrition information, and life coaching. Coach Dawn will be conducting this class. You may choose to track body measurements and weight to show all your progress and hard work! Cost \$35/month.



If you have any Questions Call 360-387-9500