



**Midwest Recreation
Box 568
Hamiota, MB R0M 0T0**

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**MIDWEST RECREATION
NEWSLETTER**

**We're on the web!
www.hamiota.com**

**Anyone in the District
interested in becoming a
Gymnastics Instructor please
call me before Dec 1st.**



Miniota

- Strength, Toning & Cardio—
Wed., Jan. 13th start 7:30-8:30 pm

Oak River

- Strength, Toning & Cardio— Mon.,
Jan. 11th start 7:30-8:30 pm

Kenton

- Pilates—Mon., Jan.11th start
5:00-6:00 pm
- Boot Camp— Thurs., Jan. 14th
start 5:30-6:30 pm

• Hello everyone & Seasons Greetings. 2010 looks like
• an exciting year for exercising with many programs in
• the works. For any strength & toning class please
• bring dumbbells. All class fees will be \$50 for the 10
• week session. **Through generous grants from the
• Chronic Disease Prevention Initiative any facility
• rental fees and all instructor mileage to other
• towns are covered.** This is awesome in that the cost
• to you will remain very affordable. The office will be
• closed over the Christmas holidays starting Dec. 21st
• but please feel free to email your registration to me & I
• will respond after January 4th. Remember, any feed-
• back or requests are greatly appreciated.

Have a very Merry Christmas *Bonnie*



Hamiota

- Christmas Dinner & Dance— Sat., Dec. 12th
- Afternoon with Santa—Sat., Dec. 19th
- Christmas Circuit Class—Dec. 22nd start
- Boot Camp—Mon., Jan.11th start 5-5:45 pm
- Strength & Toning —Mon., Jan. 11th start 6-7 pm
- Yoga—Tues., Jan. 12th start 10-11 am
- Yoga—Thurs., Jan. 14th start 1-2 pm
- Strength, Toning & Cardio—Thurs., Jan. 14th start 7:30-8:30 pm
- Strength & Toning— Fri., Jan. 15th start 9:30-10:30 am
- Belly Dancing—Sun., start TBA 6-7 pm



For more information on all programs or to register please email me or call 764-3050 ext 106 Merry Christmas!!!