

Counselling and Development Centre

FITNESS WITH A FRIEND

Do you find it hard to exercise regularly?
Would you like an alternative to exercising alone?

Exercising with a partner can be fun!

The Counselling and Development Centre will match you with a fitness partner, according to your schedule and interests.

Possible activities include:

- ▶ Aerobics
- ▶ Squash
- ▶ Racquetball
- ▶ Weightlifting
- ▶ Jogging
- ▶ Swimming
- and more . . .



**Instruction for beginners in some activities
will be available.**

To register,

JOIN US

**Thursday, October 1, 1987
from 12:30 to 2:00 p.m.
in Room 108 Behavioural Sciences Building**

For more information, call Shirley Hamm at 736-5297 or Ext. 7193.

CDC

145 Behavioural Sciences Building
736-5297