



Information Corner TOWNSHIP OF HORTON

Website: www.hortontownship.ca 613-432-6271

CORE STRENGTH & TOTAL MUSCLE CONDITIONING CLASS

Start the New Year off right and get back on track with Petra -

CORE STRENGTH & TOTAL MUSCLE CONDITIONING CLASS

Tuesdays 7-8 pm at the Horton
Community Center

starting Jan 12, 2016 (no class on Jan 26)
10 weeks \$ 100 per person

Traditional mat work out, using body weight exercises to strengthen all your core muscles with a focus on abdominals to flatten your abs and maintain a strong, healthy back. Optional use of free weights to increase intensity with close supervision, guidance and motivation by instructor. You will go at your own pace and use intensity option best suiting your tolerance and fitness level.

SENIORS AEROBICS WITH LORNA FINNER

Starts Friday January 15, 2016

10 weeks \$50.00

9:30 am -10:30 am

MIN of 10 persons required to run this class

To Register: contact Katheen @ 613 433 3303 or
krogers@hortontownship.ca

DANCE WITH MELISSA

Starts: Saturday January 9, 2016
for 20 weeks Ending: May 28, 2016.

Cost: \$160 for ½ hour class
\$185.00 for ¾ hour class

HORTON CHILDREN'S HOCKEY!!!

Delayed due to weather

Tentatively Starts:

JAN. 16 or 23, 2015

ENDS: MARCH 15, 2015

Ages 5-9 & 10-14

Fee will be prorated at the end of the season

Full hockey Attire required

Tuesdays 6-7 pm & Saturdays 9:00 am & 10 am

THE RINK IS NOT OPEN YET!

We will post on the township website
when the Rink is open.

THE COUNCIL AND STAFF OF HORTON TOWNSHIP
WISH EVERYONE A VERY
HAPPY NEW YEAR.