

AO Revival Toronto Challenges YOU to "Raise the Barre"



at our next Fitness Event with Karen Medina

PROCEEDS FROM THE EVENT WILL BE DONATED TO JF & CS DENTAL LAB
FUND



WHEN:

Wed April 21st, 2021

7:30-8:30 pm

WHERE:

Zoom

WHAT:

A Pilates Barre Sculpt
Class- full body workout

WHO:

AO Members, Spouses,
Children and Guests

COST:

\$15.00/Members +
Family

\$20.00/Non-members

WHAT YOU NEED:

Equipment suggested
but not required are:
mat, light ankle and
hand weights, and a
small squishy Pilates ball
or throw cushion

RSVP by April 16th to Jackie at 416-250-7417 between the hours
of 9am- 1pm or by emailing info@atoronto.org

** Please include: Names of people attending, total number of
people attending, and your credit card number, expiry date, and
CVV number

Upon registration you will be sent a Zoom link for the class