



SUP AND GET FIT

Mondays

JULY

3-10-17 AND 24

5:30 TO 7PM

AT HYBRID MARINE

20198 COUNTY RD. 2

SUMMERSTOWN

25\$ INCLUDES BOARD RENTAL

Learn to Stand Up Paddle board or
perfect your skills while working out!

These classes are for all levels

Join us for a great time on the river.

Classes are lead by a certified SUP instructor and personal trainer.

Space is limited. To reserve your spot, call or email:

Hybrid Marine (613) 360-6501 hybridmarine@outlook.com

Sylvie: (613) 933-6093 info@oyfitness.ca