



# GRADE 6 GRADUATION FUNDRAISER

## ZUKACISE CLASSES

Be wise, Zukacise!

Want to enjoy getting into shape? Why not **Zukacise!!!** The latest exercise trend combines Latin dance and aerobics to create a dynamic, exciting, and effective fitness program. Our instructor, **Tiger**, is a professional fitness instructor of 15 years. He's taught aerobics, step, body design, interval training, and kickboxing.

Simply participate in our "Zukacise Fundraiser" for the Grade 6 graduating class, and you will not only be helping the Grade 6 grads but you will also be doing something positive for yourself. Whether you are at a beginner, intermediate or advanced level, Tiger will be sure to motivate you. His classes will be fun for all fitness levels. Why not join us and invite family and friends to participate in this event? All proceeds help to lower the cost of grad activities.

This year we will be offering 24 classes beginning **Tuesday, October 27, 2009**. Our "Zukacise" nights are starting soon, so don't forget to purchase your tickets.

**Place:** Merton School - Gym  
5554 Robinson Avenue, Cote St-Luc.

**Date:** Tuesdays (please see below for actual dates)

**Time:** 7:30 - 8:30 PM

**Cost:** Adults - 1 ticket \$6.00 (any one night), 4 tickets \$20.00, 8 tickets \$36.00.  
Children (10 years and older, accompanied by adult) - 1 ticket \$3.00, 4 tickets \$10.00, 8 tickets \$16.00.

If you would like to participate in this event, tickets can be purchased at the Home & School Office (during office hours) or at the gym door on Tuesday nights. You can pay by cash, credit card, Interac or cheque payable to Merton Home & School.

Looking forward to seeing as many of you as possible!

Grad Committee

### Zukacise Calendar

<u>Month</u>	<u>Day</u>	<u>Month</u>	<u>Day</u>
October	27	February	2, 9, 16, 23
November	3, 10, 17, 24	March	16, 23
December	1, 8	April	6, 13, 20, 27
January	12, 19, 26	May	4, 11, 18