

Get Fit With Kerry's Place and GoodLife

Who: This eight week group is for individuals **16 years and older** with a diagnosis of Aspergers. The staff ratio for this respite is 5:1.

What: With collaboration from a personal trainer at GoodLife and support from a Kerry's Place Autism Services support staff, each participant will establish a fitness routine. With the appropriate support and collaboration in place, it is hoped that the participants will independently continue their fitness routine following the completion of the 8 week Get Fit with Kerry's Place and GoodLife program. The cost of this program includes a 3 month membership at Goodlife Fitness in the Oshawa Mall.

Where: 419 King St. W. Oshawa Ontario

When: Thursday's 10:00 am to 12:00 pm

January 26, February 2, 9, 16, 23, March 1, 8, and 15, 2012

Fee: \$100.00

Please register online at <https://secure.kerrysplace.org/community>

Your space in this group will be confirmed by Kerry's Place staff and only held once payment has been received. For more information please contact:

Jennifer Anger 905-579-2720 ext 24