



WEDNESDAY NIGHTS WOMEN'S STRENGTH & CARDIO GROUP 6-7PM **FEB. 6TH START

PRE-Registration Required-An awesome cardio & strength training class for anyone, suitable for all ladies! Instructor lead, 6-week program, Monday's 6-7pm at The Zagaa-idiwin Aboriginal Headstart Program Building 308 Butler Ave.

Certified Instructor: Shannon Jackson

Mats/weights are available but you are welcome to bring your own & **Please bring water to drink**, call to set-up pre-registration. ☺
Miigwetch! Feb. 6th, 13th, 27th & Mar. 6th, plus 2 more dates!

Phone Wendy @ 274-8541 ext. #728



6-WEEK SESSION

FITNESS AND
STRENGTH
TRAINING

MINIMUM 3-4
PARTICIPANTS
REQUIRED

WEDNESDAY'S 6-7PM

UAHLP-UNFC

616 Mowat Ave.

Fort Frances, ON P9A 3N1

Follow us on Facebook!

Stop by the office or

Call Wendy @ 274-8541
For more information