

ACTIVE IS
WHAT YOU
MAKE IT



**SPRING ACTIVE AT
THE FITNESS ROOM**

Move For Health Day RUN RIDE PADDLE TRIATHLON

Saturday, May 9th Register by May 6
Finish & Lunch at the Fitness Room

STEP CLASSES with Ellie Archer
Monday & Wednesday 5PM \$8 Class

DROP-IN FITNESS
Monday, Wednesday, Friday 5-7PM
Saturday 1-3PM \$3 Drop-in

WEIGHT TRAINING SUPPORT
Assess your work-out. Questions? New exercises!
Thursday, May 7, 14, 21, 28 5:15 – 6:15PM \$8Class

EXERCISE BALL INTRODUCTION
Tuesdays, May 5, 12, 19, 26 5:15 - 6:15PM \$8Class

INTRO BELLY DANCING with KC May 19 & 21 7PM \$5

NAME THE FITNESS ROOM!

We need a snappy, motivating "Name" for the Fitness Room

Send your submissions to: bellacoolaactive@yahoo.ca

Winner receives \$100 worth of Fitness Instruction at The Fitness Room and a set of weights

For Information call: 250-799-5811



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