

**TOUR DE BELLA COOLA
60 KM BIKE RIDE
SATURDAY, APRIL 25**

**ACTIVE IS
WHAT YOU
MAKE IT**

SPRING ACTIVE AT THE FITNESS ROOM - Lobelco Hall

**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! Refine your posture!
Thursday, May 7, 14, 21, 28
5:15 - 6:15PM • \$8 Class

Exercise ball introduction
Tuesdays, May 5, 12, 19, 26
5:15 - 6:15PM • \$8 Class
Includes cardio machine warm-up,
strength exercises and stretching

NAME THE FITNESS ROOM!

We are looking for 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



Spring Active is supported with funds from "The Community Based Awareness Initiative, a joint initiative of the BC Recreation and Parks Association and the Heart & Stroke Foundation of BC & Yukon. Funding is being provided by the BC Healthy Living Alliance, with support from ActNow BC."