

FIT-NISH

**Attention: FREE Live Fitness Trainer
Need a little Boost or some Motivation?**

*****BRING your workout gear and get ready to
MOVE*****

EVERYONE IS WELCOME!!!!



**Come join us for a 3
part series**

**Wednesday's at
1:00 -2:00 pm CST on
February 12
February 19
February 26**



This is a beginner level fitness class, ANYBODY can join! A certified fitness instructor will show you various exercises to help strengthen and tone your core muscles and cardio that you can do at home! This is a fun and safe environment to also ask questions about fitness and exercise.

If you would like more information please call:

Gloria Ranger

Gloria.ranger@tbifc.ca

345-5840 ext 259

Thunder Bay Indian Friendship Centre

**To Register Your Site,
Contact barbkakepetum@knet.ca
800-387-3740 Ex 1344**

