



# FITNISH NIGHTS

FUN, FRIENDLY FITNESS FOR  
FIRST-TIMERS

Where: Ministik School

When: Wednesday's at 6:00 pm

Start date: Feb 9th, 2011

Type of class: Start with walking program in first month and build up to cardio & other various types of exercises.

Must be 18 years of age or over.

Playpens provided for Mommies &  
Babies

COME ENJOY THE MANY BENEFITS OF  
EXERCISE...HOPE TO SEE YOU THERE!

CALL CHRISTINA OR CHERYL AT HEALTH CENTRE FOR  
MORE INFO