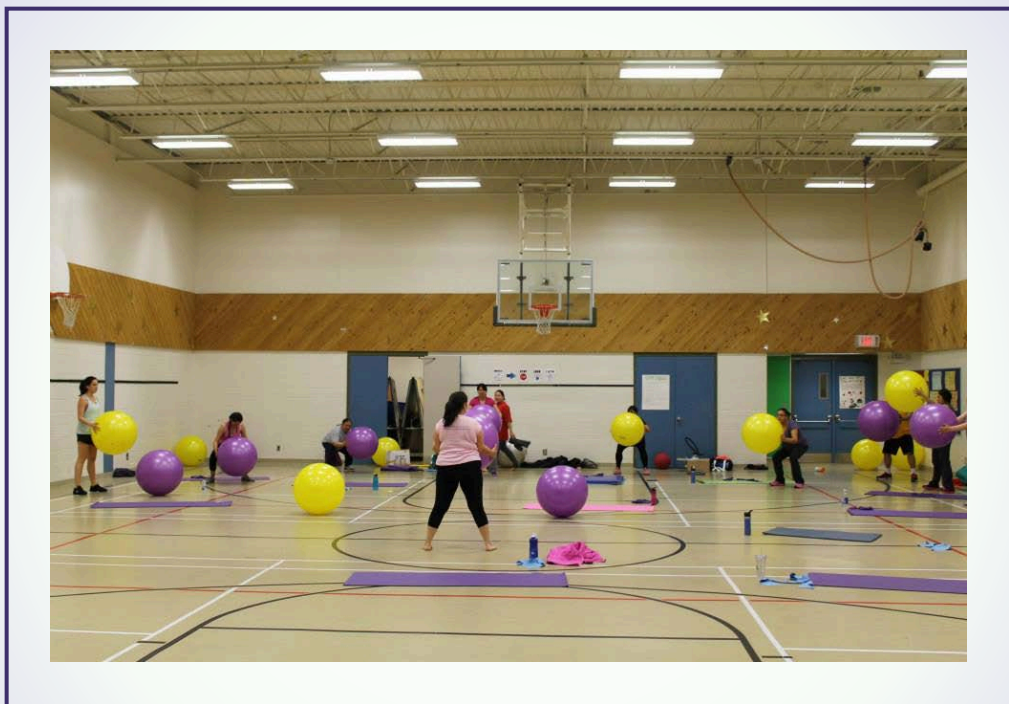


*We're back!*

# **BOUNCEFIT AND YOGA CLASSES WITH THE MOOSE FACTORY LEMON CREE TRAINERS!**

TUESDAYS & THURSDAYS 7-8PM AT MINISTIK GYM



*Starting Thursday October 15, 2015 7pm at Ministik*



**JOIN US FOR A FUN HOUR OF CARDIO, STRENGTH  
TRAINING AND STRETCHING.**

If you haven't taken our classes before, please arrive a few minutes early to register.

Classes are for 16 years of age and up, can be done barefoot or with shoes, bring some water and a yoga mat if you have one. Join our Facebook group: Moose Factory Lemon Cree Fitness Classes.

For more information please contact Christina Linklater at 658.4220.