



Health and Social Services

LET'S GET FIT!

COMMUNITY

≡≡≡ **FITNESS TRAINING** ≡≡≡

FACILITATED BY COACH CAM



BODY & MIND

GIRLS TRAINING

TUESDAYS AND THURSDAYS

3:00 PM - 4:00 PM

BOYS TRAINING

TUESDAYS AND THURSDAYS

4:00 PM - 5:00 PM

WEDNESDAYS

FAMILY NIGHT

(ADULTS, ELDERS, AND CHILDREN)

3:00 PM - 4:00 PM