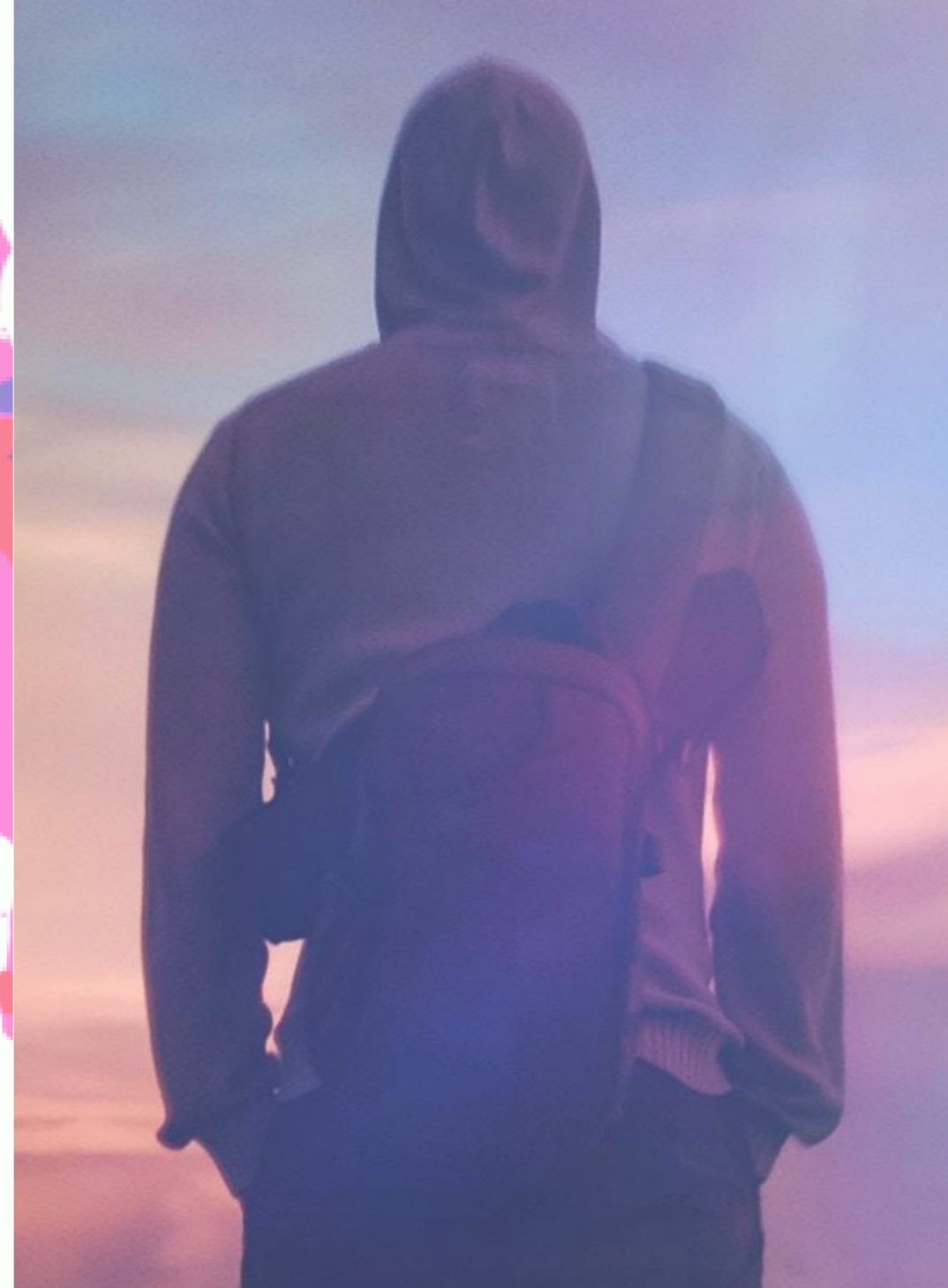


Fitness for Health

Youth Edition
Ages 13-18 yrs



No cost to attend!

Includes: a complimentary 6
week membership to
Allandale, Holly, and East
Bayfield Community Centres

- Work On Fitness Goals
- Meet New People
- Indoor & Outdoor
Activities

July 16 to August 22, 2019
Tuesdays and Thursdays from
1:30pm-3:30pm

Facilitators include:
Physiotherapist
Community Health Worker
Fitness Instructors
Guest Speakers

Location: Allandale
Recreation Centre

To Register: 705-734-9690
ext.291

