

Winter Wonder Women Boot Camp



Dates: Jan 5 - 28, 2010 & Feb 2 - 25, 2010

Locations/Times: Woodbank Primary Gym Tue 6:00pm-7:00pm
South Wellington Hall Thu 6:00pm-7:00pm

Fee Options: Jan	Tue & Thu	\$60
Feb	Tue & Thu	\$60
Jan & Feb	Tue only	\$60
Jan & Feb	Thu only	\$60
Jan & Feb	Tue & Thu	\$100



*Register now to
ensure you get
in!*

Calling all women age 16+ who want to feel stronger, healthier & happier. Join instructor Suzie Kelly for our new all-female boot camp. All levels of fitness are welcome!

2 locations + 2 days a week = 1 great fitness program



Kelly Fryer
250-722-0123
kfryer@rdn.bc.ca

*This program is in
partnership with S.W.A.C.A*