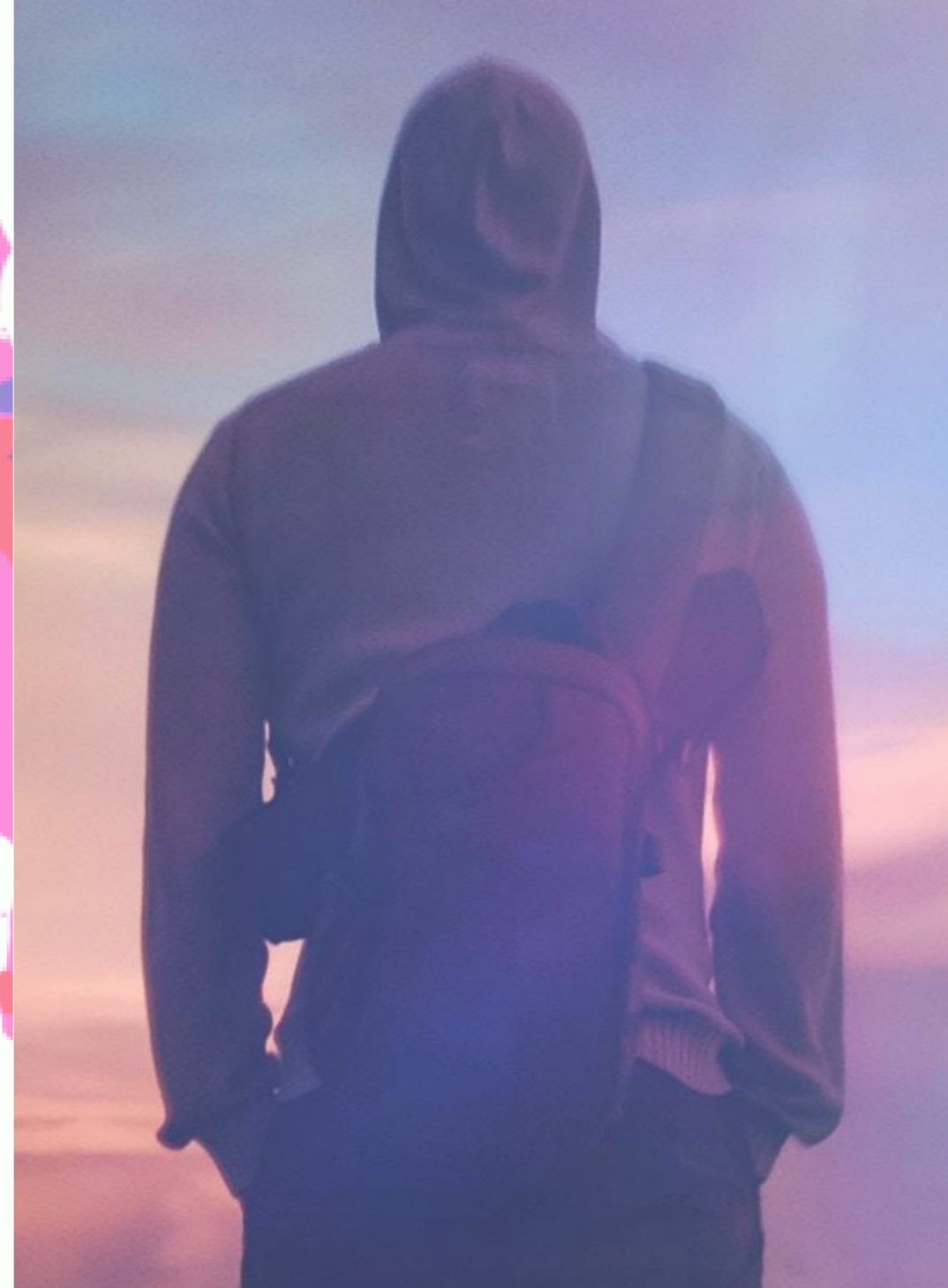


# Fitness for Health

Ages: 13-24



Work On Fitness Goals  
Meet New People  
Indoor & Outdoor  
Activities

**No cost to attend!**

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

July 17-August 23  
2018

Tuesdays and  
Thursdays  
1:30-3:30pm

Location: Allandale  
Recreation Centre

**Facilitators include:**

Physiotherapist  
Community Health Worker  
Fitness Instructors  
Guest Speakers

To Register: 705-734-9690 ext.291

Supported by / Avec le soutien de

