

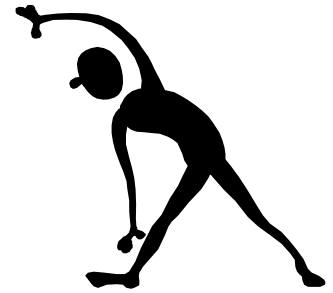
Mother & Daughter Power

Knowledge is POWER! Learning to live an active and healthy lifestyle is essential to managing stress, body weight, building self-esteem and preventing serious disease.

In four, 1-hour classes, you will work with a Certified Personal Trainer to learn safe and effective workout strategies.

Incorporating hands-on:

- **Cardiovascular Exercises**
- **Resistance Ball and Core Training**
- **Safe weight room and resistance training practices**
- **Nutrition**
- **Body image**
- **Stretching**
- **And much, much more!!!!**



November 7th to November 28th

Saturdays 1:00pm to 2:00pm

Ages 10 +

Members \$100.00 (per family)

Non-members \$150.00 (per family)

For further information please contact Kim Kokesch @ 250 552 8155.