



WISE CHOICE

Circuit Training

WHEN: Wednesdays starting September 2015
until the end of November 2015

WHO: 13 years old +

TIME: 5:00pm

WHERE: Gym, CAIFC

Come learn proper technique and proper nutrition to
maintain a healthy lifestyle

Bring a water bottle and towel if necessary

For more info:
519-253-3243

Wasa Nabin coord.
Elizabeth Johnson,
ext 232

Healthy Kids coord.
Michelle Nhddee,
ext 239