

WISE CHOICE

Circuit Training



WHEN: Wednesdays November 18, 2015 –
March 31 2016

No Class on December 23 & 30

WHO: 12 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

UAHLP Coord.
Michelle Nahdee,
ext. 233
Healthy Kids Worker
Joanne Mitchell,
ext. 239