



Fitness for All

All ages and abilities welcome. Come and enjoy some exercise, strength training and stretches. Open to all ages and abilities, men and women of Candle Lake. All fitness levels welcome and a work out at your own level will be offered.

When: Monday and Friday 10 am til 11 am
(starting 9th September)

Where: Candle Lake Recreation Hall

Why: Because it will be fun and ‘good for you’!!!! 😊

How much: \$40 for 10 sessions

Wear comfortable clothes and shoes and bring a water bottle.

Any questions call Dee Cole 929 4861