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***Gym 101 Prep***

*Where*: Canada Games Complex

*When:* May 11 and May 25

*Time:* **2:00-4:00 p.m.**

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A workshop designed to help beginners navigate the gym setting in

a friendly, and supportive atmosphere. Come and learn what going to the gym is all about and how to exercise safely!



***Registration required! Spots are limited***

***Call or email Kelsie Pagacz 345-5840 ext.9084***

 ***Kelsie.pagacz@tbifc.ca***