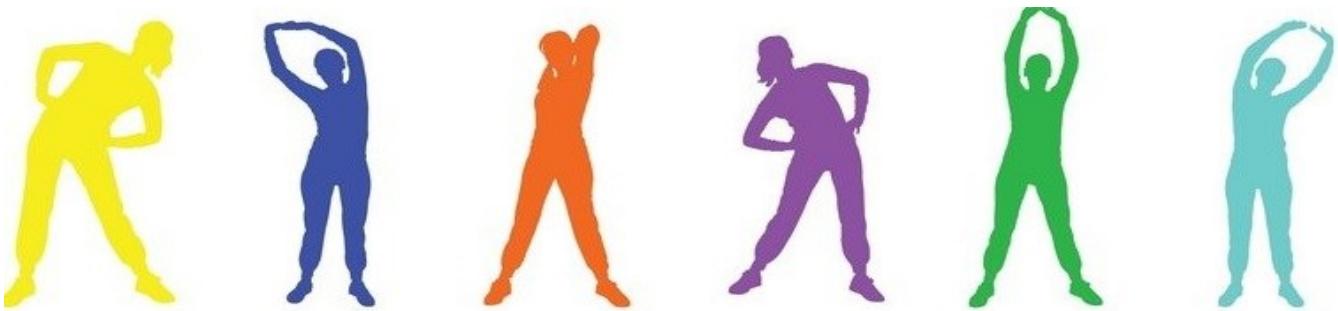




# Active Living Fitness Program



Join us for a gentle fitness class in a safe and supportive environment. A fitness instructor will lead you in a variety of beginner and progressive fitness activities using simple instructions and equipment.

**All levels and abilities.**

**When:** *Mondays & Wednesdays*

*\*join us for coffee and treats at the North Shore Alliance Church "Bridging the Gap Program" following Wednesday's classes.*

**Time:** *1:15pm-2:00pm*

**Where:** *Memorial Gym—Beside Harry Jerome Rec. Centre*

**Cost:** *Free (Drop-in)*

**Info:** *604.983.6476*