

NATIONSWEST FIELDHOUSE

For more information call 306-445-1790

FIT **I**N **T**HIRTY

12:10 - 12:40pm

Thursdays

Sept. 14 - Dec. 21

Classes outdoors (weather permitting)

Fit In Thirty minutes of exercise with this
Total Body Class

ALL fitness levels welcome!

***Including circuits, weights, bodyweight,
and interval training!***

*****Membership or Drop In Fees apply***