

Fun For Everyone!

40 Conditioning!

Join us for a work out that everyone can participate in regardless of your current physical state!

Please wear comfortable clothing, bring a water bottle, and a yoga mat (optional).



Date: October 17, 2017
Time: 7:30 pm- 8:30 pm
Address: 26 Stavebank Rd
N, Mississauga, ON
Location: In the main hall of
Trinity Anglican Church

Your entire family is welcome to come and take part in this activity!
This session has 35 available spots. **You must RSVP to attend.**

For more information contact:

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