

# 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 if you have one.**



Date: November 6, 2017  
Time: 6:00 pm 7:00 pm  
Address: 101 Father David Bauer Drive, Waterloo ON  
Location: 200 Lions Room in the Waterloo Rec.

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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