

Kennebec Recreation Committee

Come One! Come all!!

*Appropriate for women and men of all ages
Get your body moving and healthy!
Just bring water, a towel and/or mat,
running shoes and something to use as
hand weights (2 soup cans will do!)*

Fit 'n Fun

Exercise to upbeat music
Warm up stretches, aerobic segment, toning, cool down

Kennebec Community Centre
(5998 Arden Road)

Every Tuesday 9:00 – 10:00 a.m.

25 cent donation for the recreation committee appreciated

Spring session of 12 weeks

Beginning Tuesday, April 10th, 2018

Questions? Call: Gloria Smiley 335-2188
Email: g.andp.smiley@gmail.com

Join us on Facebook: *“Kennebec Recreation Committee”*