

APRIL - MAMA FITNESS CLASS

1	2 - EASTER MONDAY NO CLASS	3	4--MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	5	6-MICHELLE 9:15 ONLY - Mom and Baby + Child	7
8	9 - CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	10	11-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	12	12-MICHELLE 9:15 ONLY - Mom and Baby + Child	14
15	16 - NO CLASS EYFC CLOSED	17	18-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	19	20-MICHELLE 9:15 ONLY - Mom and Baby + Child	21
22	23 -CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	24	25-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	26	27-MICHELLE 9:15 ONLY - Mom and Baby + Child	28
29	30-CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby					



FREE DROP-IN CLASSES! NO REGISTRATION REQUIRED! Join us for a fun, highly adaptable fitness class suitable for all levels and postpartum.

Instructed by Chloe Crosbie and Michelle Coals of One Tough Mama Fitness and Lifestyle

**Sponsored by the Regina Early Years Family Centre. Location: Argyle Community Centre - Next to Dodor Hanna School.