

## MAY - MAMA FITNESS CLASS

		1	2--MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	3	<b>4 EYFC CLOSED NO CLASS</b>	5
6	7 - CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	8	9-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	10	11-MICHELLE 9:15 ONLY - Mom and Baby + Child	12
13	7 - CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	15	16-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	17	<b>18 EYFC CLOSED NO CLASS</b>	19
20	<b>21 EYFC CLOSED NO CLASS</b>	22	23-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	24	25-MICHELLE 9:15 ONLY - Mom and Baby + Child	26
27	28-CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	29	30-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	31		



**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 Coles of One Tough Mama Fitness and Lifestyle

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