

FEBRUARY - MAMA FITNESS CLASS

				1	2-MICHELLE 9:15 ONLY - Mom and Baby + Child	3
4	5 - CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	6	7-CANDACE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	8	9-MICHELLE 9:15 ONLY- Mom and Baby + Child	10
11	12-CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	13	14-CANDACE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	15	16-MICHELLE 9:15 ONLY - Mom and Baby + Child	17
18	19 - FAMILY DAY No CLASS	20	21-CANDACE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	22	23- Centres Closed No Class	24
25	26-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	17	28-CANDACE 9:15 - Mom and Baby + Child 10:45 Mom and Baby			



City of Regina



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 Candace Schwindt while One Tough Mama is on maternity leave.

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