

MARCH - 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-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	8	9 EYFC CLOSED NO CLASS TODAY	10
11	12-CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	13	14-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	15	16-MICHELLE 9:15 ONLY - Mom and Baby + Child	17
18	19 -CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	20	21-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	22	23-MICHELLE 9:15 ONLY - Mom and Baby + Child	24
25	26-CHLOE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	17	28-MICHELLE 9:15 - Mom and Baby + Child 10:45 Mom and Baby	29	30 - EYFC CLOSED NO CLASS TODAY	



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.

Class instruction to be shared by Chloe Crosbie and One Tough Mama.

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