

## OCTOBER 2017

1	2 9:15 - Mom and Baby + Child  10:45 Mom and Baby	3	4 9:15 - Mom and Baby + Child  10:45 Mom and Baby	5	6 9:15 - Mom and Baby + Child  10:45 Mom and Baby	7
8	<b>NO CLASS THANKSGIVING</b>	10	11 9:15 - Mom and Baby + Child  10:45 Mom and Baby	12	13 9:15 - Mom and Baby + Child  10:45 Mom and Baby	14
15	16 9:15 - Mom and Baby + Child  10:45 Mom and Baby	17	18 9:15 - Mom and Baby + Child  10:45 Mom and Baby	19	20 9:15 - Mom and Baby + Child  10:45 Mom and Baby	21
22	23 9:15 - Mom and Baby + Child  10:45 Mom and Baby	24	25 9:15 - Mom and Baby + Child  10:45 Mom and Baby	26	27 9:15 - Mom and Baby + Child  10:45 Mom and Baby	28
29	30 9:15 - Mom and Baby + Child  10:45 Mom and Baby	31 HAPPY HALLOWEEN!				



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

Instructed by Michelle Coels of One Tough Mama Fitness & Lifestyle

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