



JULY 2017 - ONE TOUGH MAMA + EYFC GO OUTDOORS FOR SUMMER

2	3 NO CLASS	4	5 NO CLASS	6	7 NO CLASS	8
9	10 NO CLASS	11	12 9:00 - all Mama's and kids welcome!	13	14 9:00 - all Mama's and kids welcome!	15
16	17 9:00 - all Mama's and kids welcome!	18	19 9:00 - all Mama's and kids welcome!	20	21 9:00 - all Mama's and kids welcome!	22
23	24 9:00 - all Mama's and kids welcome!	25	26 9:00 - all Mama's and kids welcome!	27	28 9:00 - all Mama's and kids welcome!	29
30	31 9:00 - all Mama's and kids welcome!					
<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;"> <p style="font-size: small; color: green;">REGINA</p> <p style="font-size: large; color: blue;">Children's Initiative</p> <p style="font-size: x-small; color: red;">Strong beginnings. Brighter future.</p> </div>  </div>						

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: CANDY CANE PARK FOR THE SUMMER!

*****PLEASE NOTE: CLASSES ARE SUBJECT TO APPROPRIATE WEATHER. PLEASE CHECK ONE TOUGH MAMA'S FB OR INSTAGRAM PAGE TO ENSURE NO CANCELLATIONS****

AUGUST 2017 - ONE TOUGH MAMA + EYFC GO OUTDOORS FOR SUMMER

		1	2 9:00 - all Mama's and kids welcome!	3	4 9:00 - all Mama's and kids welcome!	5
6	7 NO CLASS Saskatchewan Day	8	9 9:00 - all Mama's and kids welcome!	10	11 9:00 - all Mama's and kids welcome!	12
13	14 9:00 - all Mama's and kids welcome!	15	16 9:00 - all Mama's and kids welcome!	17	18 9:00 - all Mama's and kids welcome!	19
20	21 9:00 - all Mama's and kids welcome!	22	23 9:00 - all Mama's and kids welcome!	24	25 9:00 - all Mama's and kids welcome!	26
27	28 9:00 - all Mama's and kids welcome!	29	30 9:00 - all Mama's and kids welcome! LAST CLASS OUTDOORS!	31		



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