



Woodcreek
Community Association
Serving the Communities of Woodbine and Woodlands

Seniors' Fitness

Fridays from 10:30 - 11:30 a.m.

April 7 - June 2*

Drop in \$5

8 Sessions: \$35

Call 403-238-1611

e-mail wca@hotmail.ca

visit: www.woodcreekcommunity.ca

**No Class Friday April 14
(Good Friday)*

**Balance.
Stability.
Mobility.
Longevity.**

Nancy Ehle
Certified Fitness Instructor

**Walk
together.**
www.WalkItHome.com

