

in motion @ the Library

Create your own Boot Camp – No Drill Sergeant Required!

Are you looking for a fun way to get fit? Why not create your own boot camp?

Boot camps are no longer just for military personnel. Join Winnipeg *in motion* and local exercise professional Stuart Klassen of MORFit Training to learn how a boot camp workout can be a fun, new challenging way for people of all ages and fitness abilities to increase their strength and stamina.

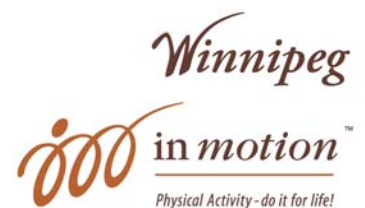
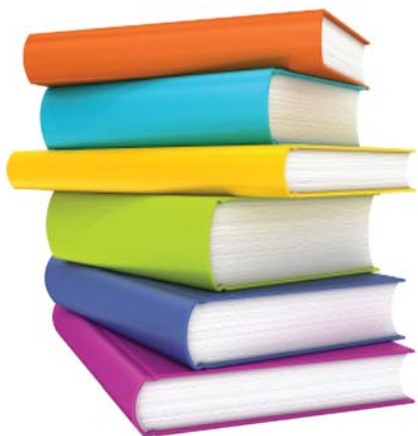
Attend the session and receive a free exercise band.

When: Friday, February 11, 2011
12:10 to 12:50 p.m.

Where: Millennium Library, 2nd Floor
Carol Shields Auditorium

Wear comfortable clothing and join in the activities, or come out and watch.

Admission is FREE and registration is NOT required.



T: 204.940.3648

getactive@winnipeginmotion.ca

www.winnipeginmotion.ca