

Creative Dance & Fitness Class

Fall session 2019

WARREN

TUESDAYS

Sept 24 - Dec 10

6:30 ~ 7:30 pm

Warren

Golden Age Club

Community

ST-CHARLES

THURSDAYS

Sept 26 - Dec 12

10:00 – 11:00 am

St-Charles

Community

Centre

NOËLVILLE

SATURDAYS

Sept 28 - Dec 14

11:15 am – 12:15 pm

UNIVI Health Centre

Community

Kitchen

MOVEMENT FOR THE MIND, BODY AND SOUL

GET FIT & RELEASE STRESS

NURTURE YOUR INNER GODDESS

NOTE: Wear comfortable clothing!

FOR MORE PLEASE CONTACT LORY LAVALLEE : 289-682-1980

Classes will be offered in English with basic French translation



www.univi.ca