



Improving and Maintaining Fitness 55+

This is your invitation to join

IAM Fitness for 55+

(Improving & maintaining fitness for older adults ages 55 and up)

A fun and gentle exercise program led by certified instructors
at various locations in Winnipeg including:



FORT GARRY COMMUNITY CENTRE

80 Derek Street (Victoria site)

Tuesdays

10:00 – 11:00 a.m.

Registration is now FREE!

(You will need an exercise band which you can bring with you or buy from us for \$6)

*** FUN * FRIENDS * FITNESS**
*** ALL ARE WELCOME * PLEASE JOIN US**

To register, please contact:

Fort Garry Community Centre office at 204-505-3970 or

IAM Fitness Program Coordinator

Phone: (204) 997-9105 (cell phone)

fortgarryccinfo@shaw.ca