

Ladies' Total Body Exercise Class

One hour fitness class.

It includes a 10 minute warm up, 20 minutes using light weights of no more than 5 lbs, 20 minutes of floor exercises for abdominals and legs (mats required) and a 10 minute stretching cool down.

Classes are free.

Location Day Time	Pugwash District High School – Conference room 7 Friday. 9am
Mailing Address	537 Wallace River West Road, Wallace NS, B0K 1Y0
President/Chair	Brigitte Malaidack
Vice President/Chair	
Secretary	
Treasurer	
Contact Phone number(s)	902-257-2844
FAX	
e-mail	bmalaidack@gmail.com
Website	
Facebook	
Twitter	
LinkedIn	