

# Exercise & Forever in Motion

MOVE sweat stretch breathe RUN twist turn

## Winnipeg St. Centre

Exercise is every Monday, Wednesday & Friday from 9:15 am to 10:00 am

Forever in Motion is every Friday from 10:00 am to 10:45am

## Elphinstone St. Centre

Forever in Motion is every Tuesday & Thursday from 9:30 am to 10:30 am

\$ 2.00 / Members

\$4.00 / Non -Members

