

University College of the North

START DATE: FEBRUARY 15

TIME: 5:00 TO 6 P.M.

Incorporate weights, benches, body weight and much more to create strong bones and muscles. Join a balanced workout that improves overall health & wellness. Smile inside & reflect it outward!

UCN Gymnasium

Tuesday & Thursdays (5 weeks)

Starting February 13 to March 27

Cost: 62.50 per session or

\$8.00 drop in fee per class

FREE for UCN Fitness Seekers

Register by: Feb 1, 2018

CONTACT PERSON:

DENISE DUNCAN

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Strength Time

