

# University College of the North

START DATE: FEBRUARY 8

TIME: 6 P.M. TO 7 P.M.

**Make 2018 the year to create a new you! Six weeks of guided training with a Tabata fitness program.**

**Contact Dayna Kerslake to register or for more information about this program.**

*UCN Gymnasium*

*Thursday Evenings (6 weeks)*

*Feb 8, 15, 22, March 1, 8, 15*

*Cost: 50.00 per session or*

*\$10.00 drop in fee per class*

*Register by: Feb 1, 2018*

CONTACT PERSON:

DAYNA KERSLAKE

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# Tabata Fitness