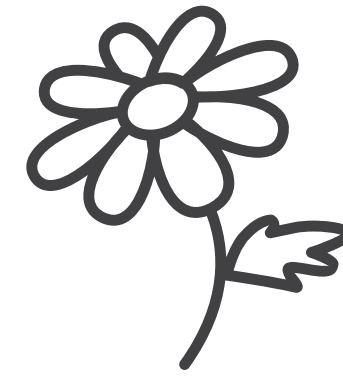


/SFC Fitness Club



APRIL

Spring Refresh

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			KEEP THE MOMENTUM GOING CHALLENGE STARTS			BOOK CLUB STARTS! JOIN NOW VIA QR+ APP
						1
	NEW GROUP FITNESS SCHEDULE MORNING/OUTDOOR CLASSES ADDED	ON DEMAND VIRTUAL CLASSES START REGISTER FOR YOUR LINK	360 WELLNESS AND HOLISTIC FITNESS IN THE PATH 12NOON-1:00PM	Gym Closes at 5pm Today	GOOD FRIDAY GYM CLOSED	
2	3	4	5	6	7	8
Gym Re-Opens 7am Monday	EASTER THEMED CLASSES WEAR YOUR PASTELS	SEASONAL SPRING VEGETABLES				
HAPPY EASTER!						
9	10	11	12	13	14	15
	WALKING WORKOUT		WALKING CLUB REGISTRATION COME EXPLORE DOWNTOWN. OPEN TO ALL	DIGITAL SPRING CLEANING		
16	17	18	19	20	21	22
			SPRING CLEANING			
23	24	25	26	27	28	29

PATH PROMOTION

STOP BY OUR BOOTH TO LEARN ABOUT 360 WELLNESS AND HOLISTIC FITNESS AND ENTER A DRAW FOR A CHANCE TO WIN A TIM HORTONS GIFT CARD!

**WEDNESDAY, APRIL 5TH
12NOON - 1:00PM**



For more information contact us at carecentres.sfcinfo@telus.com