

**PROPOSAL FOR COMMUNITY CHURCH EXERCISE LUNCHEON
IN COLLABORATION WITH THE MONTÉRÉGIE WEST COMMUNITY NETWORK**



**PARTICIPATION 150
DAY OF EXERCISE TRYOUTS**

FREE

Professional instructors, Rina – Zumba and Stella - Yoga on site to help you keep well and moving through exercise and


Presentation on importance of good nutrition!!

Wednesday, June 28th from 10 – 3:00

ALL WELCOME!!

LUNCH AND PRIZES INCLUDED!! Limited space call to reserve 450-617-0513

FREE -SUMMER EXERCISE PROGRAM FOR MEMBERS Cost of membership is \$10.

July 6th , 13th; 20th, 27th; August 3rd , 10th – and 17th 

10:30 – 10:45	Arrival & chat
10:45– 11:45	Zumba
11:45 – 12:15	Inclusion Exercise – Different Activities
12:15 - 12:45	Lunch
12:45	is clean up

Limited space so reserve early....you do not want to be disappointed if the group is full. Donation containers on each table x 4 to support women's group activities throughout the year. Healthy desert provided by members each week x 2

These are 2 different events.....First one June 28th is Free Participation – 2nd is Summer Exercise Program Call Pauline to reserve your spot – 450-617-0513