

Spiritus Health And Wellness

Janice Hope

is offering

New Classes

Starting September 16th

**Location: Isus Fitness/ Barefit and
Pregnant Studio**

3668 West Broadway (@ Alma)

TUESDAYS

9 —10 AM Mum & Baby Fit

10:15 —11:15 AM Older Adult Fit

11:30 AM —12:30 PM Adapted Fitness

3 — 4 PM Dad & Baby Fit

THURSDAYS

9:30 — 10:30 AM Mum & Baby Fit

10:45 — 11:45 AM Older Adult Fit

12:00 — 1:00 PM Adapted Fitness

FEEES: Mum & Baby Fit 10 classes for \$100 or 21 classes for \$200

Dad & Baby Fit 10 classes for \$100 or 21 classes for \$200

Older Adult Fit & adapted Fitness 10 classes for \$80 or 21 classes for \$160

For more information

604.779.8050

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