

# FREE AEROBIC STRETCH CLASSES

- Class Location: North Wind Church In Keewatin
- Class Duration: 60 Minutes
- Class Cost: FREE!
- Class Instructor: Ashley Riendeau, AAS M.T.
  - First Aid & CPR Red Cross Certified
  - Insured through Body Works
- See the table on the right for the class schedule

Date	Time
Thursday, September 6 <sup>th</sup>	11:30 AM
Sunday, October 6 <sup>th</sup>	3:00 PM
Thursday, October 17 <sup>th</sup>	11:30 AM
Sunday, October 27 <sup>th</sup>	3:00 PM
Thursday, November 7 <sup>th</sup>	11:30 AM
Sunday, November 17 <sup>th</sup>	3:00 PM
Sunday, December 1 <sup>st</sup>	3:00 PM
Thursday, December 12 <sup>th</sup>	11:30 AM
Sunday, December 22 <sup>nd</sup>	3:00 PM
Thursday, January 2 <sup>nd</sup>	11:30 AM
Sunday, January 12 <sup>th</sup>	3:00 PM
Thursday, January 23 <sup>rd</sup>	11:30 AM
Sunday, February 2 <sup>nd</sup>	3:00 PM
Thursday, February 13 <sup>th</sup>	11:30 AM
Sunday, February 23 <sup>rd</sup>	3:00 PM
Thursday, March 6 <sup>th</sup>	11:30 AM
Sunday, March 16 <sup>th</sup>	3:00 PM
Thursday, March 27 <sup>th</sup>	11:30 AM