

Wabasca Water World & Fitness Centre



January 2012 Fitness Programs

-Mondays: Start January 9th – March 5th (8 week Program) 5-6 Pm
Community Weight Loss Challenge (CWLC)

-Tuesdays: Start January 3rd- March 27th
5:00-5:25 PM: *GTL*- Glutes, Thighs and Lower Body
5:30-5:55 PM: *Abs and Low Back

-Wednesdays: 5:30-6:25 Pm-Start January 4th-March 28th
-Basic Step

Aqua size: Mondays & Wednesdays 5-6 Pm- Start Date:2nd

~Instructor: *Chelsey Alook*



Brought to you by your fitness Trainers: Ashley Guild & Rabi ibdah

Get Wet, Get Fit, Have Fun!!

