



**H'ULH-ETUN
HEALTH SOCIETY**

Fitness with Dave Warbeck

Do your fitness goals include...

- Weight loss?
- Increased energy?
- Improved strength?
- Less fatigue?
- Sense of general wellbeing and ease?
- Improved posture?
- Positive body image?
- Reduced chance of injury?
- Better coping with stress?
- A life that is just MORE FUN!

Group fitness is one of the BEST ways to have fun while you exercise and as a bonus, you may get to know some great people!

All classes are designed for many different levels. You will get the support, direction, and inspiration necessary to reach and surpass all your health and fitness goals

Thank you to everyone for being a part of our fitness classes thus far. We look forward to bringing in the new year and new changes. Please contact Sherri at Halalt Health Unit 250-246-2127 if you have any questions.

Every Monday 6pm
Every Tuesday 5:30pm
At Halalt Health Unit

There's a difference between interest and commitment. When you're interested in doing something, you do it only when its convenient. When you're committed to something, you accept no excuses; only **results**. Dave Warbeck is going to make results happen. He is the brain child of our 24/7 fitness class for youth; which is a huge success. We hope to get the same outcome with our adult co-ed fitness class starting Monday January 23 at 6pm and Tuesday 5:30pm at Halalt Health Unit.

STRONG
IS WHAT HAPPENS WHEN YOU RUN OUT OF WEAK