



International Women of Saskatoon (IWS)



Fit4Life

FREE Co-Ed (women and men) Fitness & Recreation Program!

Every Thursday

11:00 am - 12:00 pm

Excluding public holidays and over the
December/January holiday period
(December 17th to January 7th)

Activities include:

- Zumba
- Tai Chi
- Walking
- Yoga
- And much more!

These activities are open to ALL newcomer, immigrant and refugee women and men

For more information and/or to register please contact us at:

International Women of Saskatoon (IWS)

301-336 5th Avenue North, Saskatoon

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www.iwssaskatoon.org

Funded By:

