



International Women of Saskatoon (IWS)



Fit4Life

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

Online via Zoom

Every Wednesday

10:00 am - 11:30 am

Activities include:

- Zumba
- Dancing workouts
- Yoga
- Pilates
- Learning about healthy lifestyle
- 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)

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