

## Ladies' Total Body Exercise Class

One hour fitness class.

It includes a 10 minute warm up, 20 minutes using light weights of no more than 5 lbs, 20 minutes of floor exercises for abdominals and legs (mats required) and a 10 minute stretching cool down.

Classes are free.

Location Day Time	Pugwash District High School – Conference room 7 Friday. 9am
Mailing Address	537 Wallace River West Road, Wallace NS, B0K 1Y0
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