

*Using creativity for self-confidence, assertiveness  
and a positive body image.*

# FOR REAL

**A 4-week workshop for girls ages 12 - 14**

Sign up at Heritage Fitness

2 Costello Drive

or use our MindBody app

to register online

Held at Heritage Fitness

Thursdays, February 1 - 22

4:15pm - 5:45pm

\$75 +HST