

# Ladies Night Out Fusion Fitness



*Fridays*  
*May 1st- June 5/09*  
*Time: 6pm-7pm*



*Fusion Fitness* is a non-purist approach to traditional forms of mind and body training. It is a unique blend of fitness conditioning, yoga, and Pilates that challenges strength, balance, flexibility, increases stamina, focuses the mind and cleanses the spirit!

Open to all women that have attended the Mothers for Recovery Program or 16 Step Women's Empowerment Group. Limited spots and limited childcare. Registration required by calling Heather at 377-7453 ext.01.

*Held at*  
*Ladies Only Fitness*  
*1055 Victoria Street*

Hosted by Mothers for Recovery  
Family Tree Family Centre  
Phone 250-377-6890  
Web [www.kfrs.ca](http://www.kfrs.ca)

**FREE!**

A special thank you to Ladies Only Fitness & Gaudenza Ramunno for the facility and Volunteer Group Fitness Instructor Joanne Metz.

