

Work Hard, Feel Great and Get Movin'!

Healthy Active Native Youth

Come on out every Thursday starting February 4th/2016 to get moving and get active ! We will be doing workout plans, learning how to use equipment classes and more !

**Meet at Atlohsa (109-363 Richmond St.) at 4:30PM
and we will walk to the gym together**

For youth ages 13-24

Remember to bring your gym clothes and have fun !



LETS GET ACTIVE!

For more information contact Alicia
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