



Move & Groove!



Walk, dance and even sing along with popular music in this exercise class that's FUN!

Join us from anywhere!

On Zoom

Wednesdays 4:15 - 5:00pm



This class is for you if...

You want to move your body in a way that feels good for YOU in a supportive, exclusively female environment

You are motivated by & enjoy moving to music - either sitting or standing

You like to dance and sing!

You enjoy group fitness classes from the comfort of your own home - Join ONLINE!

Females of all ages and abilities are welcome to join!



Cost to drop in is \$16.50+hst

All services covered through SSAH & Passport Funding!

Questions or want to register?

Email lori@funfearlessfemales.ca

<https://www.funfearlessfemales.ca>