



# Move & Groove!



## 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](mailto:lori@funfearlessfemales.ca)

<https://www.funfearlessfemales.ca>

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**

