

PSP PLAN FITNESS CLASSES



Fitness Class

Community Classes will be offered at 15 Wing gym

1

Register First

Fill out the Get Active Questionnaire and Community Recreation Membership waiver (annually)

2

Check the Schedule

Take a look at the schedule to find a convenient date and time for the class online to secure your spot for each date.

Min 3 participants to run each class. This is why it is important to pre-register. This will give staff time to send a notice of cancellation if the min # is not met.

3

Keep in the loop

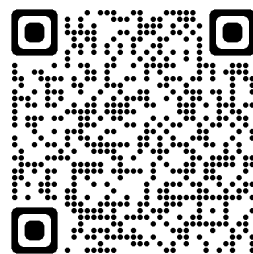
Join PSP Moose Jaw facebook page or go on www.cfmws.ca (click Moose Jaw for location) and download Winter program guide or pick up a copy from the gym kiosk.

4

Attend the Class

Come to the class at the designated time and location.

5



JOIN NOW

