

FREE FOR YOUTH 16-24

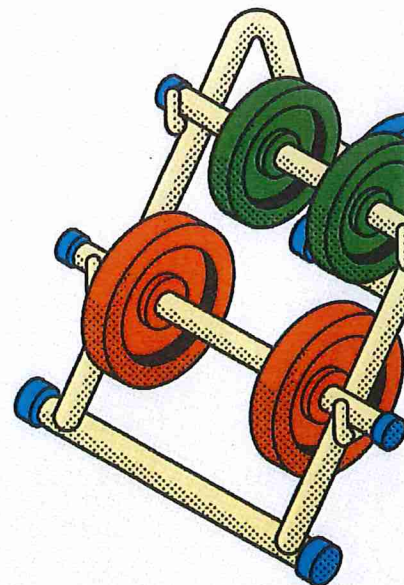
WORKOUT GROUP

Join us at the YMCA for a free workout group with Foundry Prince George. Learn about equipment, make a routine, and have fun!

1:00 PM - 3:00 PM
Every Wednesday
Starting October 2nd, 2024

2020 Massey Drive
Prince George
Family YMCA

By intake only
To sign up contact River at:
River.Harry@bc.ymca.ca



· FOUNDRY ·
PRINCE GEORGE

