



FOUNDRY & NVRC PRESENTS

WORKOUTS IN THE PARK

**PLEASE JOIN US FOR A SOCIALLY-DISTANCED
OUTDOOR ACTIVITY GROUP!**

**IT'S YOUR CHOICE! EACH WEEK WE CAN VOTE ON
AN ACTIVITY OF YOGA, LIGHT-CIRCUIT TRAINING,
DANCING ETC.**

THIS GROUP IS LIMITED TO 6 PEOPLE

THURSDAY'S @ 3:00 - 4:00 PM

JUNE 25TH - JULY 30TH

KIRKSTONE PARK

CALL OR TEXT RA CHARIS 604.818.7409 TO JOIN