

# Spring “Tone Up”

with this

## Core & Strength Class at RUH

April 15—June 3

**Are you tired of being tired?**

**Lack energy at work?**

**Need to be more focused?**

**Did you know that working out can help?**

*Physical activity during your day can help improve your concentration, and leave you feeling more energized! Just take that first step to becoming a healthier you.*

**6 Weeks—\$35.00**

***This class will combine core and strength for a great overall body workout!***

To register, email Mimi at:

**Mimi.lodoen@saskhealthauthority.ca**

*Fees will be collected at the first class.*



Located in Ellis Hall Gymnasium

*... a healthy workplace initiative*