

Aqua Jigging Classes Metis In Motion

Sponsored by



North Surrey Indoor Pool

10275 - 135th St, Surrey, BC, Canada V3T 4C3

T 604 502 6342

Dates: Jan 18th-10

Mondays 7-8 pm

Free Admission

Come on in the pool folks for some low impact exercise. Learn the Metis Cultural dances in the biggest bath tub ever and you won't wake up with aching joints. I need at least 15 brave older folks to pre-register for this class. This will be a healthy start for the holiday season and chance to wear off the winter blues after the holiday. Why not shed some pounds by just laughing and having a good ole time together.

Laughter is good for the sole!!

Call or email leave name and number asap

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