

# Belly Fit Sage



## Exercise Class

OCT. 1<sup>ST</sup>, 15<sup>TH</sup>, & 29<sup>TH</sup>

@ 1:15 P.M.

**Call 902-421-6131 to register!**

**FREE Classes!**



**SPENCER HOUSE**

here with friends

5596 Morris St., Halifax, NS B3J 1C2 902-421-6131