

up to 12 participants

MICHIPICOTEN FIRST NATION

BOXING FITNESS

A KNOCK-OUT OF A WORK-OUT

WEEKLY CLASSES THUSDAYS AT
6:00 P.M. to 7:00P.M. Fitness
7:00 P.M. to 8:30 P.M. Boxing

**To be held at the
Michipicoten First
Nations Eagle's
Nest Complex-
Common Room**

For more information,
please contact:
Teala Nadjiwon, Manager -
Health & Social Services
705-856-1993 ext 218
t.nadjiwon@michipicoten.com



LAST CLASS ON MARCH 30, 2023