



# Workout Sessions

April 16th-May 9th

Tuesdays and Thursdays

12pm-1pm

At Wahmeesh Centre

Join us for a 1hr workout with Marlee Koob! Bring a friend or two! Meal plan journals will be provided :)

It's the time to take care of you!

Protein smoothies will also be available at the end of each workout!

“The body achieves what the mind believes.” –

Napoleon Hill