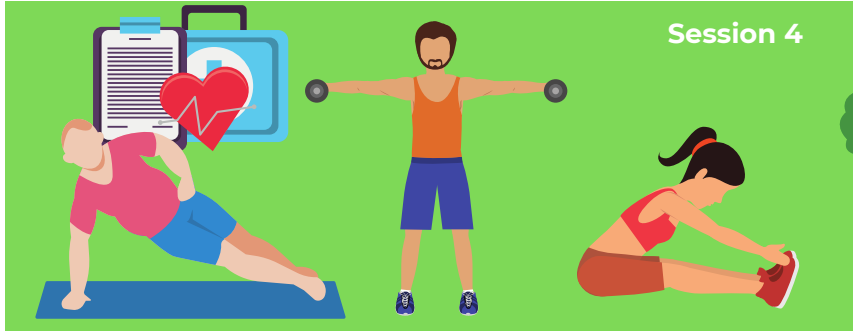


# EARLY BIRD WORKOUTS



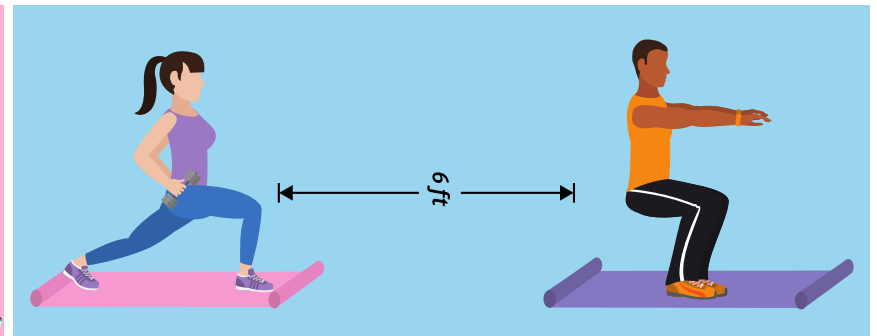
**Fitness Instructor Mary Neto & the Town: Outdoor, all levels of fitness welcome. Through body weight exercises, progressively build strength, cardiovascular fitness and mobility**



**Location: Ranger Park 3736 16th Avenue  
Dates & Time: July 6 - 31, 2020  
6:00 - 7:00 a.m. - Mon, Wed, Fri  
Registration Open: June 22 - 29, 2020**



**Practice good hygiene. Bring your own sanitizer, mat, as well as personal equipment as requested by Instructor. Sanitize your mat before & after use. Hands and face must also be sanitized.**



**Keep your distance! Practice physical distancing by staying 2 metres (6 feet) apart and stay home if you are not well.**



**Register with Kaitlyn at the Town of Smithers by phone or email:  
250-847-1600 recreation@smithers.ca**