

FREE FITNESS TRAINING

ARAGON

Aragon is committed to a healthy community, and has sponsored two FREE fitness classes for any Port Royal Village resident! Join today!

Aragon has made a commitment to sponsor two free Saturday classes, and hopes it may be a self-funded session. If there are insufficient participants the program may be cancelled.



WHO

Chantal Collin PERSONAL TRAINER + NUTRITIONIST
Renew You Fitness & Nutrition

E chantalfitness@hotmail.com | T 604.356.1101

WHAT

- mixed cardio
- full body / core
- bootcamp
- yoga

WHERE

Port Royal Village
202 Salter Street
New Westminster
at the Dockyards

WHEN

10:45 am Saturdays
6:00 pm Tuesdays

HOW

portroyalfitness.ca