



**YWCA**  
LETHBRIDGE  
& DISTRICT

A TURNING POINT  
FOR WOMEN

Phone: (403) 329-0088  
604—8th Street S.  
Lethbridge AB, T1J 2K1

# HEALTH & FITNESS OPEN HOUSE

## September 13th-19th

For this week only, **FREE** access to:

**Group Exercise Classes**

**Private Women's Health Club**

**spacious Multi-functional gym**

**Women & Men welcome**

**Come check us out!**

**Monday - Thursday: 6:30am-9:00pm**

**Friday: 6:30am-8:00pm**

**Saturday & Sunday: 9:00am-4:00pm**

For more information contact us at: 403-329-0088 [www.ywcalethbridge.org](http://www.ywcalethbridge.org)