



Join us on Saturday, June 2nd  
for **FREE** fitness!

# **SATURDAY, JUNE 2ND** **NATIONAL HEALTH &** **FITNESS DAY**

Join us in the Town Square Pavilion  
for **FREE** family fitness or drop by for  
a **FREE** workout!

Come out for a day of fitness with the Lifestyles team!  
We will be offering **FREE** group fitness & kids' activities  
in the Town Square PLUS – **FREE** drop-ins to our  
fitness center all day long!

Join us at the Town Square from **9:30 to 11:30 AM** or  
at our facility at 1032 Main Street from  
**8:30 AM to 1 PM**

*More than fitness, it's a lifestyle!*

Join us for a day  
of **FREE** fitness  
for the whole  
family!

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**Town Square  
Pavilion**

**9:30-11:30 AM**

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**Lifestyles Health  
& Wellness Centre**

**8:30 AM to 1 PM**

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**Come out & see  
all we have to  
offer!**

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**Get the whole  
family moving!**

**LIFESTYLES HEALTH &  
WELLNESS**

1032 Main Street, Hampton

832-4848

[www.lifestylesfitnessstudio.ca](http://www.lifestylesfitnessstudio.ca)