



**FOUR CLASSES TO CHOOSE FROM BY DONATION
TUESDAY DECEMBER 3RD**

**#SHAPEAFUTURE
#GIVINGTUESDAY**

*A series of classes presented by the trainers of Anytime
Fitness North Vancouver*

- **6.30am Roll with it**
- **12.00 Full Body Hiit**
- **1.15pm Bootcamp**
- **5.30pm Body Blitz**

CALL THE OFFICE 604.620.0048 TO SIGN UP.

FOR MORE INFO STOP BY THE CLUB OR EMAIL
NORTHVAN@ANYTIMEFITNESS.COM