



**THE BOW VALLEY FITNESS CENTRE  
PRESENTS:**

# ***WEEKEND WARRIOR***

**A 5 week outdoor summer fitness  
session!**

***AUGUST 5TH 2022 - SEPTEMBER 2ND 2022  
FRIDAYS 12:00-12:50PM***

Let's take the workout outside for 5 weeks of bootcamp style fun! Expect a mix of strength and cardio, functional movements, intervals, sunshine, and smiles!