



# BABY BOOT CAMP Winter 2018

A GREAT WORK OUT SERIES FOR MOM & BABY

CONNECT  
WITH YOUR  
BODY, BABY &  
OTHER MOMS

**Classes start: January 8th, 2018**

**Time: 10:30 a.m. - 11:30 a.m.**

**Location: Mondays & Fridays at YWCA Gym.**

**75 MacNab Street South**

*Babies 6 weeks – 2 years old*

Fees: Each 10-week session is \$30+HST for non-members or \$15+HST for members

**FOR MORE INFORMATION OR  
TO REGISTER:**

Contact Rana Aldibs at  
905 522 9922 x 180  
YWCAHAMILTON.ORG

Funded in part by:



**United Way**  
Halton & Hamilton



**YWCA**  
HAMILTON