

Calling ALL Ladies to the Fitness Center

Join us for a

“30 minute circuit workout”

To be held at the

PCI Wellness & Activities Department (Gym)

Monday and Wednesday

5:30-6:30 p.m.

and

Tuesday and Thursday

12:00-1:00 p.m.

Sessions will begin January 9, 2012

Cost per session will be \$3.00 for Tribal Members and \$5.00 for Non- Tribal Members

For more information contact Tiffany Faircloth, Wellness Manager

at (251) 368-9136 extension 2248

