

# Spiritual Chicks Zumba



Small group offering fitness for the body  
and the spirit.

Starts Tuesday, January 24 at 7:00 pm,  
continuing for 8 sessions

Meets in the lower level at Trillium.

Fee applies for instructor  
and study materials.

Study Subject:

“The Complaint Free World”

For information contact Ruth @  
519-650-3376