

Lifestyles Health & Wellness is thrilled to announce....



We are partnering with Stroller Fit Saint John!

DAYS: Tuesday & Thursdays

START DATE: January 16th

TIME: 11:00 AM

COST: \$168 plus tax for 7 weeks

Pre-registration is required.

Contact us at lifestylesfitnessstudio.ca to register.

To find info on additional Stroller Fit programs and classes near you, visit facebook.com/strollerfitsj or www.carolinefmackay.com

