



# CO-ED ADULT FITNESS BOOT CAMP

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Boost your energy, build strength and have fun as you rotate through a variety of fitness stations under the direction of a certified fitness instructor. This class welcomes participants of all skill levels, ages 18+.

**Registration is required.**  
**Call 306-653-7676 to register.**

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**White Buffalo Youth Lodge**

602 - 20th Street West

**Thursdays, 6:00 p.m. to 7:00 p.m.**

**January 19 to March 26, 2026**



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