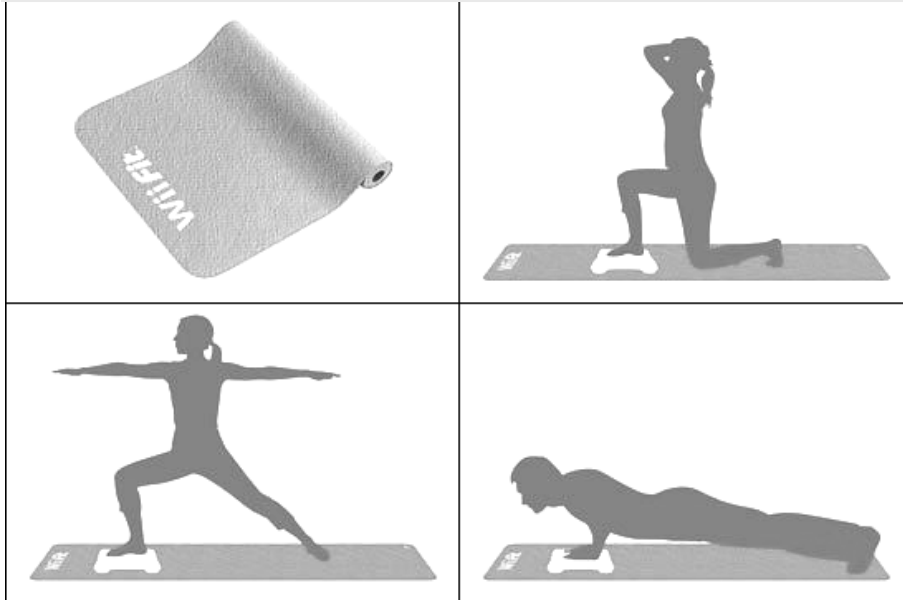


Wii Fit™



Wii Fit Plus, is a fun and easy way for you to exercise. Wii Fit Plus offers exercises and games designed to help improve balance, tone your muscles and improve your overall fitness with Yoga, Strength Training, Balance Games and Aerobic Activities.

Join us Fridays at 11:45 am for an orientation on how to use this system located in our Wellness Centre. No sign up required.

75¢ Wellness Room Fee Will Apply