

THANK YOU TO THE COMMUNITY INITIATIVES FUNDING



GULL LAKE RAC  
**CARDIO/STRENGTH  
CIRCUIT CLASS**

*With Lacey Fryer*



**FEBRUARY 25 - APRIL 6, 2026**

When: WEDNESDAYS | 5:15-6pm (45min Workout)

Where: GULL LAKE ELK'S HALL

Cost: \$25 FOR 6 WEEK SESSION

Participants required to register for entire 6 week session.

**REGISTRATION REQUIRED**

Email [gull.lake.rec.sk@gmail.com](mailto:gull.lake.rec.sk@gmail.com) to register

[www.GullLakeSk.com](http://www.GullLakeSk.com)