



Forest Heights Community Association is proud to offer **Free Family Gym Time**

with financial support from

**Healthy Kids Community Challenge!**

**Where:** Forest Heights Community Centre Gym

**Time:** Tuesdays 3:30-5:30pm

**Dates:** January 26 - March 29

**Details:** Children under 7 must be accompanied  
by an adult

*Come out and enjoy “supervised” sport and exercise.*

All ages welcome!

