

STUDIO **IPF**  
INNERPURSUITFITNESS

# bellyfitLive™



## WE'RE RAISING THE ROOF FOR



Join us as we raise funds for the Comox Valley Family Services Association. At some point in life, everyone can have challenges and may need information, support and guidance. No one knows this better than the CVFSA, whose main objective for over these past 40 years has been to support and encourage positive family interactions and build healthy families in the community.

**Bellyfit® LIVE** brings together the best of two worlds ~ awesome, fun, easy to follow Bellyfit® and Bellyfit Warrior™ moves combined with uplifting, energizing music mixed live by the incredibly talented dj EM.ASH! **Entry by suggested donation of \$15.00.**

All levels of fitness welcome, and no previous Bellyfit® experience required!

All women and girls aged 10 and over are welcome. Be prepared to shake, shimmy and sweat, bring clean runners, a water bottle and yoga mat if you have one.

# SUNDAY MARCH 5<sup>TH</sup>

Native Sons Hall 11:00am - 12:15pm



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