ACTIVE LIFE
CONDITIONING INC.

ALC Winter Retreat

Saturday, February 11, 2023
9:30 am-4:30 pm

Join us in connecting, revitalizing and aligning with your best self this winter!

Pilates
with Lisa Rennie

Dance Fusion
with Melissa James

Connect to Your Values
with Kiri Langford

Snowshoe on the Escarpment
with Anne Baker

Lunch and snacks will be provided.

$125
for full day experience

Use the QR code or email info@activelifeconditioning.com for more info and to sign up!

@Coach_Kiri @activelifeconditioning