



free!

JOIN US AT OUR FREE TRY OUT SESSIONS NEXT WEEKEND AND DISCOVER WHAT FRISKIS & SVETTIS IS ALL ABOUT...

**OUTDOOR
(NORDIC WALKING, JOGGING, CROSS TRAINING...)
SATURDAY FEB. 6 AT 10:00 AM
PARC DU CINQUANTENAIRE (UNDER THE ARCHES)**

**INDOOR
(FITNESS, DANCE, STATION, KI-BOX...)
SUNDAY FEB. 7 FROM 10:00 TO 15:00
SPORTHAL DE MAALBEEK, OUDERGEMLAAN 126,
1040 ETTERBEEK
Free entrance and babysitting!**

Things to do in 2010:
- Climb a mountain
- Learn Chinese
- Join Friskis ✓

For further details of the new spring calendar, please visit our website

www.friskis.be