

# Road to Gold Athletics Program

(Supported by MMF Wpg region)

**Invites you to fitness sessions  
U of M, Max Bell Centre  
Saturdays 3-4:30pm**

**Nov. 25  
Dec. 9 & 16  
Jan 6 & 20  
Mar. 24 & 31**



Join in the fun, friendship, opportunity, athletic development, quality coaching, healthy living and incentive gifts for participation...

**For Registration and more information call**

Amanda-Coach/Coordinator

223-5408

[AmandaY@autobahnaccess.com](mailto:AmandaY@autobahnaccess.com)

Groups are welcome

*Providing Metis Youth an opportunity to Succeed...*