



**PARTICIPATE**



**FEEL GREAT!**

**HEALTHY HEART MONTH**

**50+ Wii Tuesday**  
February 14  
1:30-2:30 p.m.



*Location: Carol Curling Club*  
Men and Women invited - Free  
Never played Wii??? That's okay, come out and play...its easy and fun!!! No equipment required for these sports!!  
For more information call 944-3602

Join the Town of Labrador City and the Labrador Regional Wellness Coalition for

**Ticker Tom's Valentine Skate**



Sunday, February 12  
1:15-2:15 p.m.

*Labrador City Arena*  
Open to all families in Labrador West!! Come join Ticker Tom for an energizing skate & a whole lot of fun!! There will be tattoos, cool tunes, prize draws & loot bags!!!  
For more information call 944-3602.

**"Ski & Snowshoe Free" Day**



*Menihok Nordic*  
Sunday, February 12  
1:00 - 4:00 p.m.

Are you one of the many people who want to try cross country skiing or snowshoeing & just haven't done it yet? Well, why not try it today!! Join the gang at Menihok Nordic & try them both for FREE!! When you're done, drop by the clubhouse for a hot chocolate, coffee or tea.  
For more information call 944-5842.

**Join us for a Family BBQ - 5:00 - 8:00 p.m.**

Coals ready at 5:00 p.m.  
Bring your own food items and dishes.

**FREE Fitness Classes**  
Work Out World



*Location: Former College of North Atlantic*  
Come one, come all and give these fitness classes a try!! Join the friendly staff & instructors and take the first steps towards a healthy lifestyle.

**Free Fitness Class**

Monday	Power, Pump & Ab
February 13	9:30 - 10:30 a.m.
Wednesday	Burn & Firm
February 15	9:30 - 10:30 a.m.
Friday	Power, Pump & Ab
February 17	9:30 - 10:30 a.m.
Thursday	Zumba
February 18	7:00 - 8:00 p.m.

For more information call **WOW 944-6226.**

**Curves - SAVE \$99**

Join in February and Pay No Sign-up Fee for 12-month Membership



Zumba Classes FREE for Non-members for the Month of February.  
Check with Curves for more information 944-7989.

**"Ski & Snowshoe Free" Day**



Wednesday, February 15  
- All Day!!  
*Menihok Nordic*

Are you one of the many people who want to try cross country skiing or snowshoeing & just haven't done it yet? Well, why not try it today!! Join the gang at Menihok Nordic & try them both for FREE!! When you're done, drop by the clubhouse for a hot chocolate, coffee or tea.  
For more information call 944-5842.

**Indoor "Walk On" Program**

Tues., Wed. and Thurs.  
6:30-8:00 p.m.

*A.P. Low School*  
Too cold to walk outside...Not a problem!! Come to A.P. Low School for a walk inside, just bring your indoor shoes and see how many laps you can do over the winter months. No cost.  
For more information call 944-3602.

**Lunch Hour Adult Skate**



*Labrador City Arena*  
Monday, Wednesday & Friday  
11:15 a.m. - 1:00 p.m. Cost \$2

**Lunch and Skate**

*Labrador City Arena*  
Tuesday, February 14 and Thursday, February 16 - "Heart Health Skate" \$5.00 for Lunch & Skate

**Parents & Tots Skate**

*Labrador City Arena*  
Monday to Thursday  
10:00 a.m. - 11:30 a.m. & 1:15 - 2:15 p.m.  
**FREE for the week of February 13-17.**

**Adult Night Ski and Barbecue 1/2 Price Night**



*Menihok Nordic*

Saturday, February 18  
Ski at 7:00 p.m. - coals ready by 8:00 p.m.  
Bring your own food items and dishes.  
For more information call 944-5842.