



FitNation

ANYONE | ANYTIME | ANYWHERE

JUMP ON-LINE AND JOIN US!

**Workout on your own schedule
with I-SPARC and FitNation**

Follow our experienced leaders on YouTube as they guide you through FitNation workouts geared to your fitness level. There's a little something for everyone!

**New workouts added weekly!
Subscribe to the channel today!**

May 1

Justin Kelly
SHXW'OWHAMEL FIRST NATION

*Introductory
Workout*

May 8

Buzz Manuel
UPPER NICOLA INDIAN BAND

*Intermediate
Workout*

May 15

Damien Ketlo
NADLEH WHUT'EN FIRST NATION

*Advanced
Workout*

May 22

Janice Johnson
TSESHAHT FIRST NATION

*Chair Modifications
Workout*

youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q

