



# Pilates Dance Fit Stretch/Tone

**BE STRONG  
BE FIT  
BE HEALTHY  
JOIN US!**

**Start the year  
off right.  
Celebrate a  
NEW YOU!**



**Dorri L Bland  
Certified  
Group Fitness &  
Dance Instructor**

Tuesday January 10, 2023  
Orton Community Center  
7:00-8:00pm  
Wednesday January 4, 2023  
St. Johns Church Belwood  
9:00-10:00am  
other days available  
by request

Register or more information  
email [dorrilbland@gmail.com](mailto:dorrilbland@gmail.com) or  
text 416-807-9217