



Free Community Fitness Classes

BE WELL IF FALLS

Creating an active & healthy community

FREE fitness classes

1st & 3rd Sundays of the month beginning February 5th

Begins at 2:30pm (doors open at 2:15pm)

All ages and fitness levels welcome!!

Rainy River Community College Gymnasium

We will be offering a variety of workouts and classes! Bring your kids! Bring a friend! Let's get moving!!

Come dressed in comfortable clothing to move around in and tennis shoes (laced shoes if possible).

Our goal is to offer free classes, health & wellness resources and improve the overall wellness of the International Falls area.

Follow us on Facebook and keep up to date with all the opportunities in our area as well as tips & ideas for healthy living!

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