

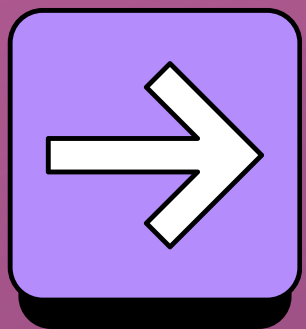
FIT+ FIERCE



Designed to empower and educate girls to become strong in their minds and bodies.



Program Runs September 2024 to June 2025. Fit+Fierce groups meet once a month over the course of the year from September to June.



Enrollment Open Now at FitFierce.ca



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DAUGHTER'S JOURNEY TOWARDS
UNWAVERING CONFIDENCE?**