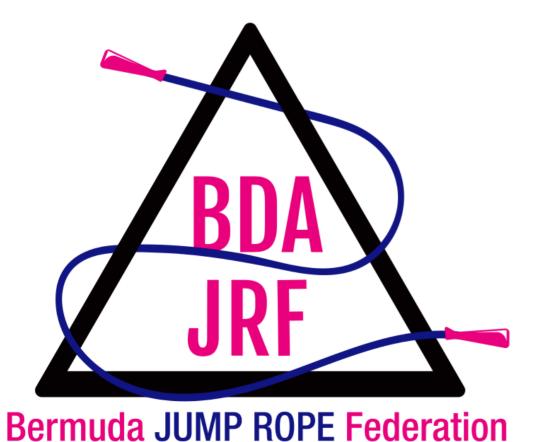


JUMPROPE-HAVEFUN-BURN CALORIES

No experience needed! Great for all fitness levels!



Add some JUMPING fun into your companies ""Wellness Program"

We bring the ropes, music, and fun! Jump into the Double Dutch Ropes, learn how to work jump rope into your own work outs!

TO BOOK A SESSION E: BDAJRF@GMAIL.COM P: 737-7714 OT 704-3949

**Registered Charity #991**