

Contact Tika at [tika@nbconline.net](mailto:tika@nbconline.net) for info  
or "REFIT at Northside" on Facebook!



# **REFIT@NORTHSIDE**

**JOIN US TO MEET  
YOUR GOALS!**

**FITNESS & FRIENDSHIPS**

**BEGINNING JAN 31ST SUNDAYS 3:30-4:30PM**