



Looking for a fun and active way to meet up with a gaggle of friends or family over the holidays or anytime of the year.

Invite Marjorie O'Connor to instruct a personalized, signature MOC workout for a small crew of friends, colleagues, family, kids.....

Details:

1. Your tribe could be one (minimum) up to six participants and the online platform we would use is Zoom.
2. You can interact with each other during the class and enjoy the group feel and energy!
3. Equipment will be minimal for those that have no tools of love at home (fitness gear)
4. The class will be anywhere from 30-60 minutes depending on what you want.
5. The date and time will be set up and your tribe will be invited to join the FUN!
6. Cost of the event is \$150.00.
7. Class will be tailored to the fitness level, demographics, abilities etc.

Hope you can come aboard and make this an unique gift or a regular event!

Any other questions, please contact Donna Owen at donnaowen@telus.net