



Summer Pass!

8 weeks of

Unlimited Yoga & Daytime Fitness Classes

Starting Monday, June 26 and continuing thru to Saturday, August 19, take advantage of this **terrific summer pass** with unlimited access to 14 classes per week!

Monday	6:15pm	YOGA CORE
Tuesday	9:15am	HATHA I/II
	10:30am	GENTLE YOGA
	12:00pm	WOMEN'S TONE-UP
	6:45pm	YOGA FOR RUNNERS
	8:00pm	YIN/RESTORATIVE YOGA
Wednesday	12:00pm	STOTT PILATES
Thursday	10:30am	GENTLE YOGA
	12:00pm	WOMEN'S TONE-UP
Friday	10:45am	MINDFUL FITNESS FOR AGEING WELL
	12:00pm	HATHA I/II
	6:30pm	YOGA FOR RUNNERS
Saturday	10:15am	YOGA FOR RUNNERS
	11:30 am	GENTLE YOGA

Cost: \$150 + hst

(Come twice a week, that's less than \$9 per class!)