



Women's Tone-Up

12 noon – 1pm

Tuesdays and Thursdays

Yoga Class Card

Led by **Sandy LeBlanc**

Want to reshape your shoulders, arms, tummy, butt and legs?

Work with TRX, free weights, kettlebells and body weight to change your body, spike your metabolism, and give you energy!

Small-class format with like-minded women, who don't want to go into a big gym to train.



"I have learned many new skills, safely and confidently (including swinging kettlebells!)."

"Love this class, it's a good workout at mid-day which gives me energy for the rest of the day."

"Since starting training with Sandy, I have lost almost 10 lb, and more importantly, I feel strong & confident. I've changed my body's shape (my waist is back) and my posture has improved."

Note that weight-bearing exercise helps to prevent osteoporosis (degeneration of bone density), which affects 1-in-4 Canadian women.