



NEW YEAR'S RESOLUTION?

Why not get in shape with our **NEW**

PILATES and YOGA Classes

Classes Begin the Week of January 12th

Punch Cards: \$136.00 for 8 One-hour Sessions
Punch cards can be used for BOTH Pilates and Yoga Classes.
Come as often as you like!

PILATES CLASSES

Tuesdays: 6:00 pm - 7:00 pm
Wednesdays: 10:00 am - 11:00 am
Saturdays: 8:00 am - 9:00 am

YOGA CLASS

Thursdays: 6:30 pm - 7:30 pm

Pilates classes taught
by "Body and Mind
Pilates Plus" studio
instructors.

Participants must
bring their own mat.



LEAFS

ICE CENTRE

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