

Tyendinaga Fitness Resource Centre

(613) 962-2822 tyfitnessres@mbq-tmt.org

Drop-In **Loyalty Cards** are Now
Available at TFRC!!!

Purchase 9 drop in visits for **\$45** and receive the
10th visit free!



- No expiration date.
- Great for people who travel and can't commit to a full month.
- Great for students who just want to drop in on the weekends.
- Great gift idea!
- Ask our staff about these great little cards.

