

# TYENDINAGA FITNESS RESOURCE

Discovering the Balance by working the Mind, Body, Heart and Spirit

April 2017

Fees: Senior (55+) \$20.00 Student \$25.00 Adult \$30.00

## LOSE TO WIN

Weigh in at TRFC on April 10th we are open 6:30 am - 9:00 pm

**Starting:** April 10th, 2017

**Ending:** June 2nd, 2017

**Sign up now:**

Registration : \$ 20.00

Join our Facebook Page!

**WIN half of the Earnings**

\*Do not have to be a TRFC Member to enter\*

## Learn To Run

**REGISTER NOW**

**Cost: \$20.00**

**May 1st - June 19th**

**2** runs a week with Sonya and

On Mondays:

5:00pm-6:00pm

**1** run a week on your own!

Fridays (Optional)

12:15pm-1:15pm

## FITNESS STUDIO SCHEDULE

TIMES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						HIIT (30 minutes)
10:00 AM	CARDIO & STRENGTH(1 Hour)		CARDIO & STRENGTH (1 Hour)			HIIT (30 minutes)
11:00 AM					STEP CLASS (30 minutes)	BOOT CAMP (45 minutes)
12:15 PM	BUTT (30 minutes)	BODY WEIGHT (30 minutes)	ABS (30 minutes)	CIRCUIT (30 minutes)	HIIT (30 minutes)	
12:45 PM	ABS (30 minutes)	PURE CARDIO (30 minutes)	BUTTS (30 minutes)	BODY SCULPT (30 minutes)		
2:00 PM						BOOT CAMP (45 minutes)
3:00 PM						FULL BODY (30 minutes)
4:30 PM			KIDS YOGA AGES 4-9 (1 Hour)		<b>HOURS</b> Monday - Thursday 6:30am-9:00pm Friday 6:30am -6:00pm Saturday 8:00am -4:00pm	
6:00 PM	TOTAL BODY CIRCUIT (1 Hour)		BREATHE, STRETCH, RESTORE YOGA (90 minutes)	BODY SCULPT (1 Hour)		
7:00 PM	GROUP STRETCH (45 minutes)					

Call for details. Some fees may apply.

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