

TYENDINAGA FITNESS RESOURCE

June 2018

Discovering the Balance by working the Mind, Body, Heart

HOURS

Monday - Thursday

6:30am-9:00pm

Friday

6:30am -6:00pm

Saturday

8:00am -4:00pm

Fees:

Senior (55+) \$20.00

Student \$25.00

Adult \$30.00

Times:	Monday	Tuesday	Wednesday	Thursday	Friday
12:15 PM	BUTT (30 MINUTES)	BODY WEIGHT (30 MINUTES)	ABS (30 MINUTES)	CIRCUIT (30 MINUTES)	ONE HIIT WONDER (30 MINUTES)
12:45 PM	ABS (30 MINUTES)	BODY SCULPT (30 MINUTES)	PURE CARDIO (30 MINUTES)		
5:30 PM			ADULTS YOGA (1 HOUR)		
6:00 PM		BOOT CAMP (45 MIN) (FULL CLASS)		BOOT CAMP (45 MIN) (FULL CLASS)	
7:00 PM		BOOT CAMP (45 MIN) (FULL CLASS)		BOOT CAMP (45 MIN) (FULL CLASS)	

Contact:

613) 962-2822

tyfitness@mbq-tmt.org

14 York Road Unit

#1&2B Shannonville



OUTDOOR BOOT CAMP

What will we provide?

2 nights a week 45 minute

Outdoor Boot Camp

(MUST SIGN UP FOR CLASSES
BEFORE NOON THE DAY OF)

6 Week Program

Tuesday and Thursday

6:30 pm - 7:15 pm

Starting June 26, 2018

Price: \$30.00

or \$5.00 drop in

Limited Space!