

# TYENDINAGA FITNESS RESOURCE

March 2017

Discovering the Balance

by working the Mind, Body, Heart and Spirit

## LOSE TO WIN

Weigh in at TFRC 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 **1** run a week on your own!

On Tuesdays:  
5:00pm-6:00pm  
Fridays (Optional)  
12:15pm-1:15pm

## FITNESS STUDIO SCHEDULE

Times:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>7:00 AM</b>	<b>HIIT</b> (30 minute)	<b>FULL BODY STRENGTH</b> (45 minute)		<b>CIRCUIT STRENGTH</b> (45 minute)	<b>HIIT</b> (30 minute)		
<b>8:00 AM</b>	<b>HIIT</b> (30 minute)	<b>CIRCUIT STRENGTH</b> (45 minute)		<b>FULL BODY STRENGTH</b> (45 minute)	<b>HIIT</b> (30 minute)		
<b>10:00 AM</b>	<b>FUN Movement for Life</b> (1 Hour)		<b>FUN Movement for Life</b> ( 1 Hour)				
<b>11: 00 AM</b>	<b>Information Session</b> (1 hour)				<b>STEP CLASS</b> (30 minutes)		
<b>12:15 PM</b>	<b>BUTT</b> (30 minutes)	<b>BODY WEIGHT</b> (30 minutes)	<b>ABS</b> (30 minutes)	<b>CIRCUIT</b> (30 minutes)	<b>HIIT</b> (30 minute)		
<b>12:45 PM</b>	<b>ABS</b> (30 minutes)		<b>BUTTS</b> (30 minutes)	<b>HOURS</b> <b>Monday - Thursday</b> 6:30am-9:00pm <b>Friday</b> 6:30am -6:00pm <b>Saturday</b> 8:00am -4:00pm		<b>Fees</b> <b>Senior (55+)</b> \$20.00 <b>Student</b> \$25.00 <b>Adult</b> \$30.00	
<b>4:30 PM</b>		<b>KIDS YOGA</b> (60 MINUTES)					
<b>6:00 PM</b>	<b>TOTAL BODY CURCUIT</b> (1 hour)		<b>BREATHE, STRETCH, RESTORE YOGA</b> (90 MINUTES)				
<b>7:00 PM</b>	<b>GROUP STRETCH</b> (45 minutes)			<b>Call for details. Some fees may apply.</b>			

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