

# TYENDINAGA FITNESS RESOURCE

May 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)		
4:30 PM					
5:30 PM			ADULTS YOGA (1 HOUR)		
6:00 PM				BODY SCULPT (1 HOUR)	

## Contact:

613) 962-2822

tyfitness@mbq-tmt.org

14 York Road Unit

#1&2B Shannonville

Mother's Day

# LOSE TO WIN

Tyendinaga Fitness Resource Centre

(613) 962.2822 tyfitnessres@mbq-tmt.org 14 York Road Unit #1 Tyendinaga Mohawk Territory

**Starting:** May 14th, 2018

**Ending:** June 22nd, 2018

Want to lose weight for summer? Need some motivation to get started? This is the contest for you! Lose the highest percentage of weight, you win half the earnings!

(note: you do not have to be a member to enter!)

Weigh in at TFRC on May 14th,  
we are open 6:30 am - 9:00 pm

**Sign up now:**

Registration : \$ 20.00

There will be a half way point weigh in on June 1st, 2018

