

TYENDINAGA FITNESS RESOURCE

May 2017

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

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

Contact:

613) 962-2822

tyfitness@mbq-tmt.org

14 York Road Unit

#1&2B Shannonville

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

NEW CLASSES!

FITNESS STUDIO SCHEDULE

TIMES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						
10:00 AM	CARDIO & STRENGTH(1 Hour)		CARDIO & STRENGTH (1 Hour)			
11:00 AM						
12:15 PM	BUTT (30 minutes)	BODY WEIGHT (30 minutes)	ABS (30 minutes)	CIRCUIT (30 minutes)		
12:45 PM	ABS (30 minutes)	BODY SCULPT (30 minutes)	BUTTS (30 minutes)	PURE CARDIO (30 minutes)		
2:00 PM						
3:00 PM						
4:30 PM			KIDS YOGA AGES 4-9 (1 Hour)			
6:00 PM	TOTAL BODY CIRCUIT (1 Hour)		BREATHE, STRETCH, RESTORE YOGA (90 minutes)	BODY SCULPT (1 Hour)	Call for details. Some fees may apply.	
7:00 PM	GROUP STRETCH (45 minutes)					

