



Tyendinaga Fitness Resource Centre
(613) 962 –2822 tyfitnessres@mbq-tmt.org

14 York Road, Unit #1
Shannonville, Ontario
KOK 3A0

February 2012

Discover the Balance

We have Gift Certificates

Discovering the Balance

By Working the
Mind, Body,
Heart and Spirit

Hours of Operation

Monday - Thursday

6:30am-8:00pm

Friday

6:30am-6:00pm

Saturday

8:00am- 1:00pm

Fees

Senior (55+) \$15.00

Student \$20.00

Adults \$25.00

**We Are Open to
The Public**

Staff

Darlene Loft /
Recreation Manager

Sonya Maracle /
Fitness Staff & P.T

Part -Time Staff

Ryder Sager

Talon Barnhardt

Tammy Brant

Isaiah Loft

Make the Portion and Calorie Cut

Here are a few tips to help keep your portions under control:

- If you are at home use smaller plates. This creates the illusion of eating a bigger portion
- If you are at a restaurant and you know the portions are going to be huge ask the server to put half in a doggie bag before it even comes to the table
- Share an entrée with your dining partner
- Always leave something on your plate. This reminds you that you are in control of the food, not the other way around

NEW STAFF

My name is Isaiah Loft, I've lived on the Tyendinaga Territory my entire life, and recently began work as custodian extraordinaire at the Tyendinaga Fitness Resource Center.

Personal Space

We understand it is not easy to join a gym, so we have a special space and quiet time of the day for anyone to work out. The Personal Trainer will also help you with a fitness plan to help with your success. We have a NEW flat screen for personal D.V.D fitness in our Stretch Room.

What is Will Power ?

Will power is the will to act to change, it's not easy and you have to practice it to have " Will Power". It takes one day at a time to change old habits and make new healthy habits, will power will help you be successful, but you have to push yourself to get started, you will feel the benefits of a healthier lifestyle in no time.

Thank You

To Markus Barby for volunteering / Penny for the donation of items & Dwayne for the great medicine ball stand.

Calendar of Events February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign- up Today	Never Too Late	Maracle Chiropractic	1 Call for Appointments (613) 876-5855	2 Maracle Chiropractic	3 Fitness Your Style	4 Adult Membership 87 Cents A DAY!
5 Yoga 10am-11am	6 Say Yes To a Healthy Lifestyle	7 Fit For 2 Schedule Appointment	8 Pilates 6pm-7pm	9 Fit For 2 Hanio Oksa Workshop 6pm-7pm	10	11 Seniors Membership 52 Cents A Day!
12 	13	14 Fit For 2 Schedule Appointment	15 Pilates 6pm-7pm	16 Fit For 2 Hanio Oksa Workshop 6pm-7pm	17 	18 Youth Membership 69 Cents A DAY!
19 	20 We Have Childcare FUN!	21 Fit For 2 Schedule Appointment	22 	23 Fit For 2 Hanio Oksa Workshop 6pm-7pm	24	25 We Will Save You \$\$\$ NO TAXES
	27	28 Fit For 2 Schedule Appointment	29 FREE Coffee & Tea For Clients	We Have Great Movies & Magazines		

*Monday, Wednesday & Friday
Seniors have Transportation to TFRC
Program Partner with Home Support
Call 613-967-0122*

www.mbq-tmt.org - under community services We are on FACEBOOK

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