

PROJECT FUNDED BY THE ONTARIO  
TRILLIUM FOUNDATION & HEALTHY  
COMMUNITIES FUND & THE  
MOHAWKS OF THE BAY OF QUINTE

Please Bring

**Indoor Sneakers**

Gym Clothes are Best !

Thank You

### Hours of Childcare

Mon. to Thurs. 9:30am to 10:30am

Sat. - available with your own

Childcare worker



### MAILING ADDRESS:

Mohawks of the Bay of Quinte (MBQ)

R.R.#1, 13 Old York Road

Tyendinaga Mohawk Territory

K0K 1X0

c/o T.F.R.C.

### TYENDINAGA FITNESS RESOURCE CENTRE

14 York Road Unit #1  
Tyendinaga Mohawk Territory  
Ontario, Canada  
K0K 3A0 (Street Address)  
[www.mbq-tmt.org](http://www.mbq-tmt.org)

Phone: 613-962-2822

E-mail: [tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

Corporate check 's made to M.B.Q

**We welcome Donations & Sponsorship  
Volunteers Always Appreciated**

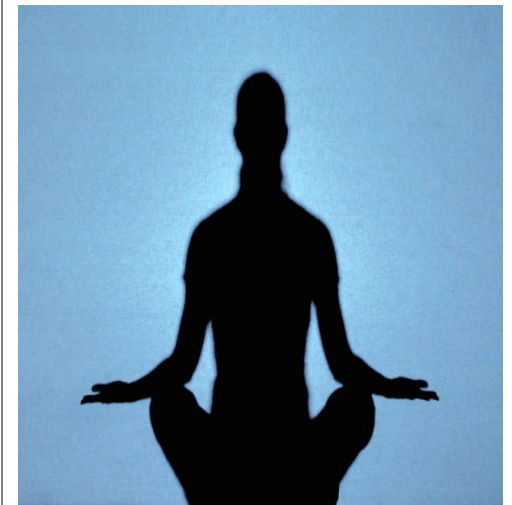
(Free membership with volunteer service)

**We are a Non Profit Centre**

**Welcome Everyone !**

## TYENDINAGA FITNESS RESOURCE CENTRE

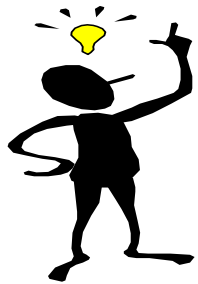
DISCOVERING THE BALANCE  
BY WORKING THE MIND,  
BODY, HEART & SPIRIT



**OPEN TO THE PUBLIC**

613-962-2822 or  
[tyfitnessres@mbq-tmt.org](mailto:tyfitnessres@mbq-tmt.org)

# MORE THAN JUST FITNESS...



As a first time visitor, the staff will assist you with the equipment, and each member receives a **FREE Fitness Plan** by the Personal Trainer. This will help with your fitness success.

If you require more one on one service with the personal trainer, it can be provided for an additional fee. Please ask about our [Personal Trainer Information](#) for training packages and services available.

A childcare worker is also available for parents and caregivers who may be unable to workout, due to lack of childcare. Please ask about our [Childcare Information Policy and Procedures](#) for more information on the childcare services and prices.

Check out our calendar for upcoming workshops, and Fitness programs & events happening within the community.

By working the mind, body, heart and spirit, we are about more than just fitness, we are about personal wellness in life.

**Fitness is a choice we make for life!**

**LIVE, LAUGH, AND LOVE!**

## INFORMATION, PRICES, & HOURS OF OPERATION

### FACILITY:

Exercise equipment currently on site:

- Shoulder Press
- Seated Chest Press
- Seated Row
- Leg Press
- 4 Treadmills
- 4 Upright Bikes
- 2 Recumbent Bikes
- 2 Elliptical Trainers
- Rowing Machine
- Lat Pull Down
- Abdominal Crunch
- Chin/Dip Assist, Preacher Curl Bench
- Pro-welded Dumbbells / Medicine Balls
- Warm-up/stretch area



Facility is for more than just fitness, it is a place for:

- Youth/Volunteer/Fitness Programs
- Workshops/Crafts, Socializing
- Personal Wellness/Education/Resources
- Health Initiatives/Meeting Space
- FREE coffee & tea for clients

### HOURS OF OPERATION

#### Monday to Thursday

6:30am - 8pm

#### Friday

6:30am - 6pm

#### Saturday

8am-1pm

### MONTHLY FEES

**Family** (4) \$80.00 monthly  
\$10.00 each additional person

**Adults \$25.00**

**Students \$20.00**

**Senior \$15.00 monthly**  
**(Interact is available)**

### DROP IN RATES

\$5.00 daily

**Family (4) \$15.00 daily**

**NO CONTRACTS or TAXES**

Revised Dec.22 2011