

PILATES

Pilates is Continuing at The

Tyendinaga Fitness Resource Centre

Pilates is a method of core conditioning which can help increase your Muscular strength, flexibility and endurance without building bulk or Stressing your joints. This class will cover mat work exercises that will leave you feeling

Revitalized - Fitness Instructor : Wendy Meraw

**We need 6 participant's
confirmed for a
successful program**

Wed.- Jan.11 to Feb.15

**Prizes for Attending
All Classes**

6pm to 7pm

SPECIAL : 6 classes for \$50.00



Drop In's are welcome & Never Too Late To Join Us

(613) 962-2822 or email tyfitnessres@mbq-tmt.org

Any questions on Pilates , email wmeraw45@gmail.com