

NEW FOR YOU & your HEALTH !

Tyendinaga Fitness Resource Centre

(613) 962-2822

YOGA

Yoga @ T.F.R.C.

10 am to 11am

Yoga Only at TFRC on Sunday's

Jan.15 to Feb.5/11

The program is successful & it will continue

The Certified Yoga Instructor

is Barbara Roch

For the program to be successful we require

At least 5 paid participants

**4 classes
for \$30.00**

Limit of 15 / Pay when
you sign up.

Deadline to sign up by

Jan 10/11

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org

