

NEW FOR YOU & your HEALTH!

Tyendinaga Fitness Resource Centre

(613) 962-2822

SUNDAY

Yoga @ T.F.R.C.

10 am to 11am

Yoga Only at TFRC on Sunday's

Feb.12/12 to Mar.4/12

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

For more information about the benefits of Yoga :

Email : bahi@cogeco.ca (613) 354-7503

Gift Certificates Available

Register today : (613) 962-2822

Or email : tyfitnessres@mbq-tmt.org

We are on FACEBOOK or www.mbq-tmt.org

YOGA

4 classes

for \$30.00

Limit of 10 / Pay when
you sign up.

Drop-In Welcome

Deadline to sign up by

Feb.8/12

