



# Summer Pass!

8 weeks of

**Unlimited Yoga & Daytime Fitness Classes**

Starting Monday, June 25 and continuing thru to Friday, August 17, take advantage of this **terrific summer pass** with unlimited access to 14 classes per week!

<b>Monday</b>	10:30am	SLOW STRETCH SERENITY
	6:15pm	YOGA CORE
<b>Tuesday</b>	9:15am	HATHA I/II
	10:30am	GENTLE YOGA
	12:00pm	WOMEN'S TONE-UP
	6:45pm	YOGA FOR RUNNERS
	8:00pm	YIN/RESTORATIVE YOGA
<b>Wednesday</b>	12:00pm	STOTT INTERMEDIATE PILATES
<b>Thursday</b>	10:30am	GENTLE YOGA
	12:00pm	WOMEN'S TONE-UP
<b>Friday</b>	10:45am	MINDFUL FITNESS FOR AGING WELL
	12:00pm	HATHA I/II
<b>Saturday</b>	10:15am	YOGA FOR RUNNERS
	11:30 am	GENTLE YOGA

**Cost: \$160 + hst**

Please Note: Studio will be closed Monday July 2; Monday August 6, Saturday August 18.