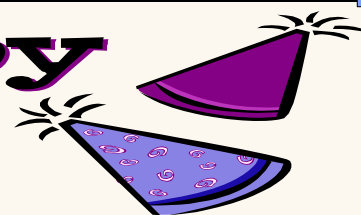


Happy New Year!



2012 NEW YEAR REGISTERED PROGRAM

ASHTANGA FUSION with Tracie

Tuesday 4:30pm (Jan. 17 – Mar. 6)

Vinyasa Flow Yoga with Genevieve

Friday 12:20pm (Jan. 20 – Mar. 9)



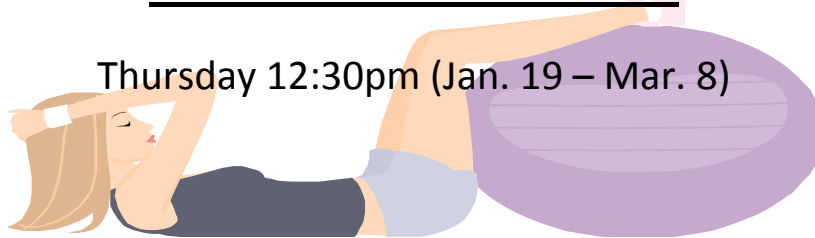
MULTI-STEP with Michele

Tuesday 1:10pm (Jan. 17 – Mar. 6)



Mixed Level Mat Pilates

Thursday 12:30pm (Jan. 19 – Mar. 8)



FREE DEMO CLASSES from Jan. 9th – 13th

Please sign up at the front desk 15min prior to the class

Sign up TODAY to avoid New Year's Rush!

All Programs

Until January 8th \$56+GST, \$72+GST after January 8th