



Yoga/ Pilates Fusion

NEW TIME FOR YOGA begins July 6, 2011

Wednesdays, 12:00 - 1:00 pm.

North End Women's Centre
394 Selkirk Avenue, 589-7347

This is a beginners to intermediate core strengthening and stretching workout that will help you shape the whole body and strengthen the back. Proper breathing techniques help us gain the most from our workout and are essential for a healthy mind and body.

***Free drop in group for women
Mats and bus tickets provided
Wear loose or stretchy clothes**

Generously funded by the North End Community Renewal Corp.

