



INTERVAL TRAINING CLASS PLUS YOGA



**Interval Training Class (light weights/bands provided)
followed by a Gentle Yoga Practice, finishing feeling
relaxed and refreshed.**

Equipment required: yoga mat and water bottle.

WEDNESDAYS

STARTING JANUARY 14

6:00 - 7:15PM

KINGSTON FIREHALL

\$60 - 10 CARD PASS

\$7 - DROP IN



Sandye

**CanFit Pro FIS YogaFit
Level 1 Certification**

