



# 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