

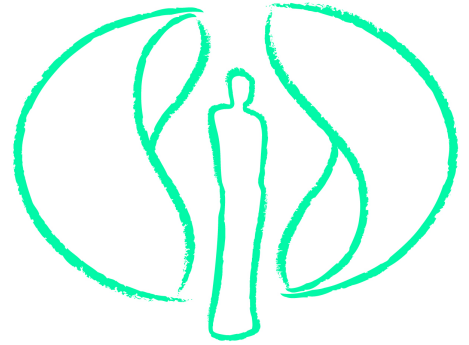
Pre Natal Yoga Classes

Saturdays 11a-12p and Wednesdays 6p-7p

6 Week sessions start:

Saturday February 28th and Wednesday March 4th

\$125 for 6 classes over 6 weeks



Post Natal Fitness Classes

Wednesdays from 2p-3p followed by a social hour

6 Week sessions start: Wednesday March 4th

\$150 for 6 class course

Mom and baby exercise together. Meet other local moms. For Infants age 1-8 months

Hatha Yoga Classes

Mondays and Wednesdays from 7:30p-8:30p

Saturdays from 9:30a-10:30a

\$17 per class (multi-class packages available)

Classes run continuously. Call to save your space.

Pilates Classes

Tuesdays from 6:30p-7:30p

\$17 per class (multi-class packages available)

Classes run continuously. Call to save your space.

Call the Integrative Health Institute for details.

46 Sherbourne St. 2nd floor (at the corner of King and Sherbourne)

416-260-6038

www.integrativehealthinstitute.ca

LIVE WITH INTENTION. WALK ON THE
EDGE. LISTEN HARD. PRACTICE WELLNESS. PLAY
WITH ABANDON. LAUGH. CHOOSE WITH NO
REGRET. CONTINUE TO LEARN. APPRECIATE YOUR
FRIENDS. DO WHAT YOU LOVE. LIVE.