

# Lake Sundance Lodge

63 Suncrest Way SE



**Fitness & Mind Body**  
with Mona Power

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**July ONLY – No classes in August**

Indoor Lodge	Outdoor Patio
<b>Monday</b>	<b>Wednesday</b>
6-6:55pm	6-6:55pm
<b>Pilates</b>	<b>Weight Sculpt</b>
7:05-8pm	7:05-8pm
<b>Yin Yoga</b>	<b>Yoga</b>

## PILATES

A challenging workout that will strengthen your core, improve your alignment and posture, increase your flexibility and your range of motion and relieve stress & tension from your body. This class is suitable to all ages and body types and level of fitness

*You will need a Yoga or Pilates Mat & a Stability Ball (1 classes only)*

## PRICE

4 classes \$50 (\$12.50 per class)

## PAYMENT OPTIONS

**E-transfer, Cash, Post-dated Cheque, Visa or Mastercard (\$5 convenience fee)**

## YIN YOGA

Yin Yoga is a slow paced practice that places gentle stress on the connective tissues with the aim of increasing circulation to the joints and improving flexibility. This class is suitable to all ages and body types and level of fitness

*You will need a Yoga Mat, 2 Blocks & a Bolster or Pillow*

## YOGA

Hatha Yoga, you will work on proper alignment, posture and breathing techniques using blocks and straps. Suitable for people with little or no yoga experience and experience yogis who want to improve their practice.

*You will need a Yoga Mat, 2 Blocks & 1 Strap*

## WEIGHT SCULPT

A fun workout that will sculpt and challenge the whole body. The workout will include the use of freeweights and your body to develop strength and endurance plus help maintain everyday activities. This class is suitable to all ages, body types and level of fitness

*You will need Yoga Mat & 2 Weights*

