

Women & Weights Workout



Starting Thursday, September 22nd
from 9:30 - 10:30 am with Sandy

Women & Weights will continue to be offered
on Tuesdays at 6 pm as well.



Starts Sept. 22!!

- Mat Work, Light Hand Weights, Resistance Training
... especially designed with women in mind!
- Look Your Best At any Age
- Feel Great with Exercises specifically designed to
target Abs, Inner Thighs, Hips, Legs, Upper Arms.
- By Strengthening Your Core, Toned Abs ARE
Possible!
- Elevate your Resting Metabolic Rate and Burn

www.mraesyogastudio.com

Please Sign up at
the Studio or Call
if you are
interested

416-716-758

Or Email:

info@mraesyogastudio.com

Fee: Regular
Class Pass

Maureen Rae's Yoga Studio
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Toronto 416-716-7589

