



Women's Weight Workout

TUESDAYS @ 6 pm with Jasmin

Starting Tuesday, August 3rd, 2010
Drop in. No pre-registration required!

The amazing benefits of strength training are not news to anyone!

This is your opportunity to become Strong, Lean and Toned!

- Mat Work, Light Hand Weights, Resistance Training specially 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, Flat Abs ARE Possible!
- Elevate your Resting Metabolic Rate and Burn Calories while at Rest!
- Commit now.....and the Journey is your Reward!

For program information or to register, please call
Maureen Rae
416-716-7589
info@mraesyogastudio.com

Classes will be held at:

Maureen Rae's Yoga Studio
5324 Dundas St. W.,
Toronto
www.mraesyogastudio.com



Jasmin Chandler is a graduate of The Yoga Teacher Training Intensive Program at the Studio and is also a Certified Pilates Teacher.
