



291 Charlotte Street, Peterborough  
 (705) 749-3337 web: centuryhealth.ca

**Equipment needed:**

Comfortable clothing / bare feet / water

Yoga mats are available at no charge

\*Please contact each teacher for class rates

**Instructor Contact Info**

Heather Clarke      hdclarke@sympatico.ca

Katie Legere      Katie@free2b.ca  
 705-872-7115

Jill Aresenault      Jillian.wildsage@gmail.com  
 705-957-3094

Jenny Chambers      chambers.rmt@gmail.com  
 705-749-3337

Theresa Edwards      treedat33@gmail.com  
 604-202-9544

Marina MacLean      mmyoga@ymail.com

## 2017 YOGA Schedule September to December

MON	TUES	WED	THURS	FRI	SAT
		YOGA all levels 9:30-10:30am Katie			
	YOGA Baby&ME 11-12:15 Theresa		YOGA WOMENS Gentle 11-12 Jenny		
YOGA Oncology Care 5:30-6:45 Heather	YOGA preregistered 5-6:30 Marina				
YOGA Chakra 7:15-8:15 Jill	YOGA all levels 7-8:15 Katie	YOGA all levels 7-8:15 Katie	YOGA preregistered 7-8:30 Marina		

Ⓢ Please contact each instructor for class rates and start dates