



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 JULY & AUGUST

MON	TUES	WED	THURS	FRI	SAT
		YOGA all levels 9:30-10:30 Katie			
	YOGA Baby&ME 11-12:15 Theresa starts Sept 12th		Jenny		
YOGA Oncology Care 4-7pm starts Sept 11th	YOGA preregistered 5-6:30 Marina				
YOGA Chakra 5:30-6:30 7-8pm 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