



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

Julie Brundle jbrundle@nexicom.net

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

Jennifer Milligan jennifermilligan@cogeco.ca

Marina MacLean mmyoga@ymail.com

2017 YOGA Schedule May to June

MON	TUES	WED	THURS	FRI	SAT
		YOGA all levels 9:30-10:30 Katie			
			YOGA Womens 11-12 Jenny		
YOGA Private 1-2:15 Jennifer	YOGA preregistered 5-6:30 Marina		YOGA for Peace 2-3:15 Julie	Youth YOGA 4-5pm Jenny	
YOGA Oncology Care 5:50-7pm Heather	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