

# FREE!

**What to Bring:**

- Mat
- Water
- Comfortable clothing



# 2019

# YOGA IN THE GYM

Join Alaine Sullivan for an hour of accessible Hatha flow style yoga suitable for all levels of fitness. Alaine is the owner of One Fitness & Yoga, and a certified 200 hour yoga teacher, personal trainer, group and older adult fitness instructor. Poses look different on everyone, so Alaine teaches people, not poses by providing the time and space to explore breathing techniques and awareness while moving through the gentle flow style class with the perfect balance of stretch and strength.

**Youth 15-18 years can participate with a signed parental waiver.**

Sponsored By: **Borek Construction Ltd.**



## Tuesdays

## January 15 - March 12

Age: 15+ years

Time: 4:45pm - 5:45pm

Cost: FREE

**Location: O'Brien Gym, 10512 13 Street**

For more information call Community Services **250.784.3604** or Email Alaine at [alaine@onefitnessyoga.com](mailto:alaine@onefitnessyoga.com)

**\*No class Oct 23 for the NID**



**EveryBODY Active**