

Wawa Fitness, Dance & Yoga - Winter 2012 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		9:30-10:30a.m Total Fit-20/20/20 co-op childcare		9:30-10:30a.m. All-Level Yoga
				10:45-11:45a.m. Total Fit - Seniors
	5:15-6:15p.m. All-Level / Gentle Yoga		5:30-6:30p.m Total Fit-Interval	
	6:30-7:30p.m. Total Fit - 20/20/20	6:30-7:45p.m. Social Dancing *	6:45-8:00p.m. All-Level / Intermediate Yoga	
		8:00- 8:45p.m Groove		

Winter 2012 schedule starts Wednesday, January 11th and runs for 8 weeks until Tuesday, March 6th.

All evening classes held at Michipicoten High School Auditorium

All daytime classes held at Michipicoten Memorial Community Centre

*Drop-ins permitted. (except for social dance)

Drop-in rate: \$8 /60 minute class, \$9 / 75 minute class