

2008

Winter Scoop

THE GIFT OF HEALTH



STAYING HEALTHY OVER THE HOLIDAYS

-Eating well can be different over the holidays however full up on healthy foods such as: fruits, veggies, lean meats, fish, chicken, whole grains before eating the Christmas treats!

- Rest: Get plenty of rest as the holidays can be busier than usual!
- Exercise: try to incorporate cardiovascular, strength training, yoga/pilates into your life.
- Make time for yourself- read a book, join a class
- Stay mentally connected to what is really important (family, friends and quality time)
- Donate to a local charity (food or toy drive)

Make a commitment to yourself with the gift of health

NEW ADDITIONS & WINTER SPECIALS

Wed : **Yoga** 7:45—8:45 pm \$120 (1 class/wk)

Beg/Intermediate: 7:45 - 8:35 pm *Drop In *

Pilates 4 Teachers: (Earlier class) Tuesdays 4:30 pm

Beginner Pilates: Thursdays 5:15 - 6:05 pm- *DROP IN*

Thurs: **Power Pilates** 8:10—9:00 pm

Mon: **Pilates 4 Kids** 4:45—5:25 pm \$120

* Sign up with a friend and receive 10 % off *

Mon: **Pilates 4 Moms & Kids** 5:35- 6:15 pm \$120

* Sign up with a friend and receive 10 % off *

Mindful Balance Merchandise:

- Flexbands
- Mats
- Gift Certificates

NEW INSTRUCTORS

- **Kay Han** — Pilates 4 Kids Instructor
- **Deirdre Brady** — Yoga Instructor
- **Jenell Boyd Wee** — Wigglers Instructor

REGISTRATION NOW OPEN

For more information visit us online at

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