

OXFORD PLACE

YOGA & GROUP TRAINING CLASSES – 2022 Late Spring

M	T	W	Th	F
Intervals Mondays 5:15-6:05pm May 30 th – June 27 th Instructor: Erin Fee: \$53	Yoga Tuesdays 5:15-6:05pm May 31 st – July 5 th No class June 28 th Instructor: Denise Fee: \$53			Location of Classes: Cordova Room (7 th floor, MNP Tower) All fees include GST

Yoga (50 min)

A blend of flowing yoga poses and sequences with attention to posture and breath to lengthen, strengthen and release tension. All levels welcome.

Intervals (50min)

A workout using timed intervals; combines muscle conditioning exercises with simple cardio drills to get your heart pumping and muscles working. Some small equipment may be used. All levels welcome.

Registration

Pre-registration required ~ No drop-ins ~ Minimum number of registrants required to run classes

All classes are non-refundable/non-transferable ~ E-Transfer accepted

To reserve a spot in any of the above classes email Erin Olmstead: erincolmstead@gmail.com

Covid 19

Current BC PHO Covid 19 guidelines for indoor physical activity will be in place for all classes and are subject to change at any time

Face masks are optional during classes ~ Reduced capacity in classes

Do not attend classes if you are experiencing any symptoms of illness