

# Yoga

NORTH  
GLENGARRY  
NORD

*Ontario's Celtic Heartland  
Le centre celtique de l'Ontario*

**Starting**

**September 14, 2021**

**Over a 14 week Period**

**\$140.00 (13 yrs +)**

**Unlimited Classes\***

**À Partir du**

**14 septembre 2021**

**période de 14 semaines**

**140,00\$ (13 ans +)**

**Classes Illimitées \***

Instructors: Christina Collard, Francina Collard & Yanik Rozon

**Tuesday/Mardi**

6 pm – Yin Yoga

**Thursday/Jedi**

6 pm – Gentle Yoga /  
Yoga en douceur

**Saturday/Samedi**

10 am – Yoga Conditioning and Hatha/  
Conditionnement Yoga et Hatha



**Dates/Dates‡**

SEPT 14, 16, 18, 21, 23, 25, 28, 30

OCT 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30

NOV 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30

DEC 2, 4, 7, 9, 11, 14, 16, 18

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\*Registration must be paid in full / no drop-in fees

\*L'enregistrement doit être payé en totalité / Aucunes sessions à la carte

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‡ Locations may change with prior notice / l'endroit peut change avec avis

**Glengarry Sports Palace – 170 MacDonald Blvd, Alexandria, ON K0C 1A0**

For more information please call 613-525-3600 or email [recreation@northglengarry.ca](mailto:recreation@northglengarry.ca)

# Schedule/Horaire

<b>Date</b>	<b>Time</b>	<b>Location</b>
Tuesday, September 14	6 pm	Glengarry Sports Palace
Thursday, September 16	6 pm	Glengarry Sports Palace
Saturday, September 18	10 am	Glengarry Sports Palace
Tuesday, September 21	6 pm	Glengarry Sports Palace
Thursday, September 23	6 pm	Glengarry Sports Palace
Saturday, September 25	10 am	Glengarry Sports Palace
Tuesday, September 28	6 pm	Glengarry Sports Palace
Thursday, September 30	6 pm	Glengarry Sports Palace
Saturday, October 2	10 am	Glengarry Sports Palace
Tuesday, October 5	6 pm	Glengarry Sports Palace
Thursday, October 7	6 pm	Glengarry Sports Palace
Saturday, October 9	10 am	Glengarry Sports Palace
Tuesday, October 12	6 pm	Glengarry Sports Palace
Thursday, October 14	6 pm	Glengarry Sports Palace
Saturday, October 16	10 am	Glengarry Sports Palace
Tuesday, October 19	6 pm	Glengarry Sports Palace
Thursday, October 21	6 pm	Glengarry Sports Palace
Saturday, October 23	10 am	Glengarry Sports Palace
Tuesday, October 26	6 pm	Glengarry Sports Palace
Thursday, October 28	6 pm	Glengarry Sports Palace
Saturday, October 30	10 am	Glengarry Sports Palace
Tuesday, November 2	6 pm	Glengarry Sports Palace
Thursday, November 4	6 pm	Glengarry Sports Palace
Saturday, November 6	10 am	Glengarry Sports Palace
Tuesday, November 9	6 pm	Glengarry Sports Palace
Thursday, November 11	6 pm	Glengarry Sports Palace
Saturday, November 13	10 am	Glengarry Sports Palace
Tuesday, November 16	6 pm	Glengarry Sports Palace
Thursday, November 18	6 pm	Glengarry Sports Palace
Saturday, November 20	10 am	Glengarry Sports Palace
Tuesday, November 23	6 pm	Glengarry Sports Palace
Thursday, November 25	6 pm	Glengarry Sports Palace
Saturday, November 27	10 am	Glengarry Sports Palace
Tuesday, November 30	6 pm	Glengarry Sports Palace
Thursday, December 2	6 pm	Glengarry Sports Palace
Saturday, December 4	10 am	Glengarry Sports Palace
Tuesday, December 7	6 pm	Glengarry Sports Palace
Thursday, December 9	6 pm	Glengarry Sports Palace
Saturday, December 11	10 am	Glengarry Sports Palace
Tuesday, December 14	6 pm	Glengarry Sports Palace
Thursday, December 16	6 pm	Glengarry Sports Palace
Saturday, December 18	10 am	Glengarry Sports Palace