

MAXVILLE EVENING YOGA

With Genevieve Lortie & Karen Pattington

JANUARY 15- MARCH 12, 2026

TUESDAY'S & THURSDAY'S 6:30-7:30PM

MAXVILLE SPORTS COMPLEX (25 FAIR ST, MAXVILLE, ON)

Unwind and recharge with our relaxing nighttime yoga sessions. Designed for all skill levels, these classes focus on gentle stretches, breathing techniques, and mindfulness to help release the stress of the day and promote restful sleep.

Choose your Package:

TUESDAY'S ONLY - 7 CLASSES - \$28.50

THURSDAY'S ONLY - 9 CLASSES - \$36.25

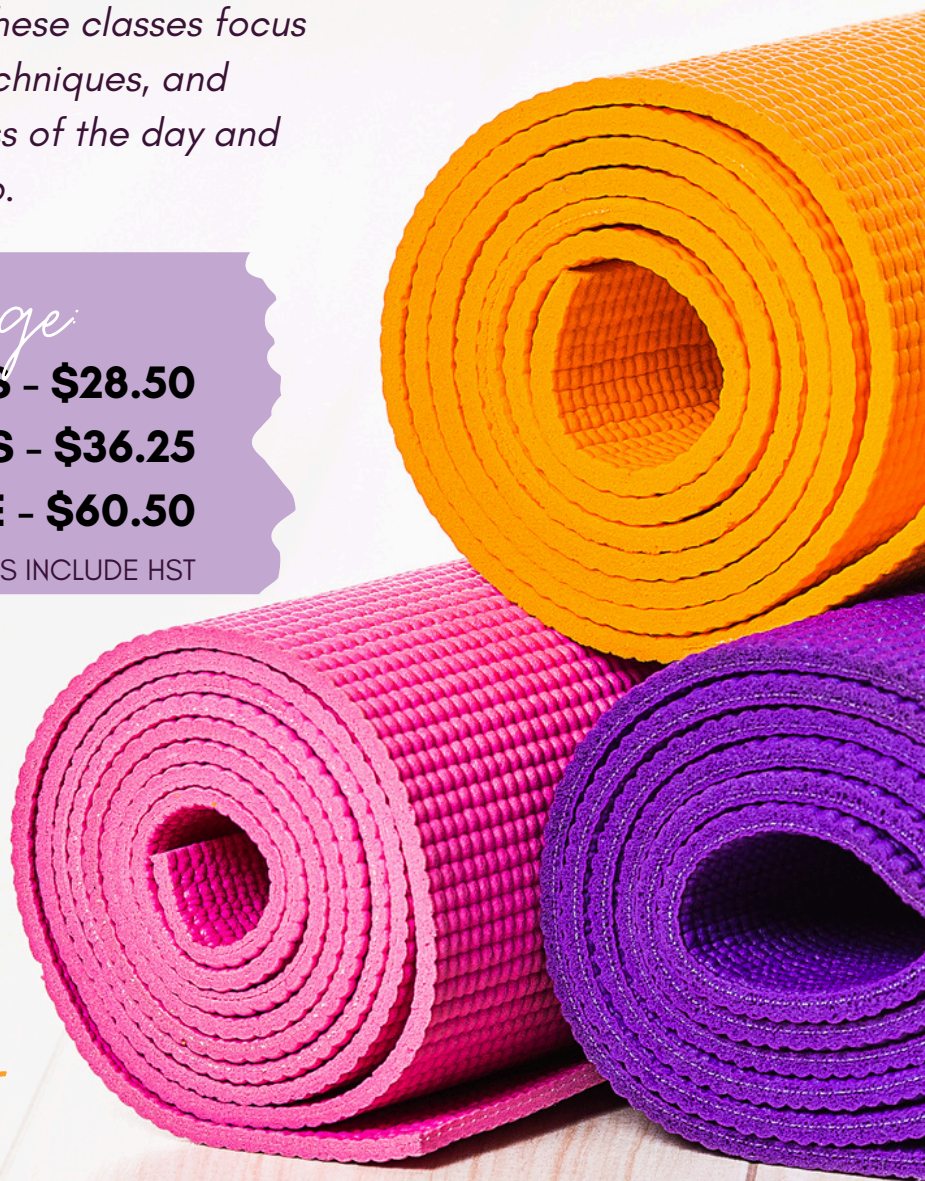
TUESDAY & THURSDAY PACKAGE - \$60.50

ALL PRICES INCLUDE HST

*Register here or at the
Tim Horton's Dome*

**NORTH
GLENGARRY
NORD**

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



WWW.NORTHGLENGARRY.CA

MAXVILLE EVENING YOGA

CLASS SCHEDULE - WINTER 2026

TUESDAY'S

Tue Jan 13, 2026-06:30PM - 07:30PM
Tue Jan 20, 2026-06:30PM - 07:30PM
Tue Jan 27 - NO CLASS
Tue Feb 3, 2026-06:30PM - 07:30PM
Tue Feb 10, 2026-06:30PM - 07:30PM
Tue Feb 17, 2026-06:30PM - 07:30PM
Tue Feb 24 - NO CLASS
Tue Mar 3, 2026-06:30PM - 07:30PM
Tue Mar 10, 2026-06:30PM - 07:30PM

THURSDAY'S

Thu Jan 15, 2026-06:30PM - 07:30PM
Thu Jan 22, 2026-06:30PM - 07:30PM
Thu Jan 29, 2026-06:30PM - 07:30PM
Thu Feb 5, 2026-06:30PM - 07:30PM
Thu Feb 12, 2026-06:30PM - 07:30PM
Thu Feb 19, 2026-06:30PM - 07:30PM
Thu Feb 26, 2026-06:30PM - 07:30PM
Thu Mar 5, 2026-06:30PM - 07:30PM
Thu Mar 12, 2026-06:30PM - 07:30PM

CLASSES PROVIDED BY:

With Genevieve Lortie & Karen Pattington

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