

# 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  
GLEN GARRY  
NORD**

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



[WWW.NORTHGLENGARRY.CA](http://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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