



Yoga and Pilates at URec!

Registration is now open for the summer session! (July 4 - August 24)

Monday:

- 12 pm - 1 pm: Yoga for Power & Grace | \$60(M); \$75(NM)
- 7 pm - 8 pm: Trim & Tone Pilates | \$60(M); \$75(NM)

Tuesday:

- 10:45 am - 11:45 am: Silver* Yoga | \$80(M); \$95(NM)
- 12:10 pm - 1 pm: Pilates Express | \$80(M); \$95(NM)
- 6:15 pm - 7:15 pm: Total Barre Pilates | \$80(M); \$95(NM)

Wednesday:

- 5:15 pm - 6:45 pm: Power Yoga (Advanced) | \$120(M); \$145(NM)
Previous yoga experience required.

Thursday:

- 10:45 am - 11:45 am: Silver* Pilates | \$80(M); \$95(NM)
- 5:15pm - 6:15 pm: Pilates Power & Flow | \$80(M); \$95(NM)

The Richard J. CURRIE CENTER | 15 Peter Kelly Drive | Fredericton, N.B. | URec.ca

Notes:

(M) indicates member pricing.

(NM) indicates non-member pricing.

* Silver classes are designed specifically for older adults.

