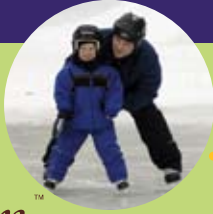




*in motion*<sup>™</sup>  
Physical Activity - do it for life!



Physical  
activity.  
It's good for your health.  
Do it for *life!*



## Strengthen your Core with a class from the Leisure Guide

Winter 2009 – Pages 62-68

There are a variety of classes offered to help strengthen your core area muscles. For more information call 986-5663 or visit [www.winnipeg.ca/leisureonline](http://www.winnipeg.ca/leisureonline)

Try one of the many types of Yoga:

- Beginner Yoga
- Couples Yoga
- Mom & Me Yoga (mom & baby)
- Mom's Night Out with Yoga
- Mother & Daughter Yoga
- Power Yoga
- Prenatal Yoga
- Relax & Renew Yoga
- Ya Ya Yoga
- Yoga 50+
- Yoga Bootcamp
- Yoga Combo
- Yoga for Men

Try one of the many types of Pilates:

- Bosu Pilates
- Hard Core n' More
- Pilates
- Pilates for Two (mom & baby)
- Pilates Plus