



Liana Stecky, RMT, CPR, CanFitPro Member
Stott Mat Pilates® & Vinyasa Yoga Fusion

Core Strength - Rehabilitation – Maintenance - Flexibility

Bronx Park Community Centre – Creative Arts Room
Thursdays @ 7:00 pm – Start: March 7, 2019
75 minute class

To register, please contact:
lstecky@mymts.net

