



# ZUMBA<sup>®</sup>

FITNESS

FALL/WINTER Sessions 2018  
Drop-Ins Welcome!

## ZUMBA WITH LIANA!

Bronx Park Community Center  
720 Henderson Highway



Tuesdays

7:00 p.m. to 8:00 p.m.

Start: September 18, 2018

Zumba Fitness & Toning

Multipurpose Room

To register, please contact:  
Liana Stecky, RMT, CPR, CanFitPro Member  
Zumba Fitness Instructor

 Zumba Fitness  Zumba Toning  Aqua Zumba  Zumba Gold

[lstecky@mymts.net](mailto:lstecky@mymts.net)



*PILATES*

*IS*

*MAGIC!*

**Liana Stecky, RMT, CPR, CanFitPro Member**

**Stott Mat Pilates® & Stretch**

**Core Strength - Rehabilitation – Maintenance**

**Bronx Park Community Centre – Creative Arts Room**

**Thursdays @ 7:00 pm – Start: September 20, 2018**

**To register, please contact:**

**[lstecky@mymts.net](mailto:lstecky@mymts.net)**





## ESCAPE TO YOGA

**Liana Stecky**, LCSP (Phys), MTAM, CMTA, HRM  
Registered Massage Therapist, CPR, First Aid  
Human Resource Management (University of Manitoba)  
Healthy Eating & Weight Loss Coach, CanFitPro

**VINYASA FLOW YOGA INSTRUCTOR**  
Yoga Fit Canada®

**Bronx Park Community Center, 720 Henderson Hwy.**  
**Thursdays @ 8:00 p.m. - Creative Arts Room**  
**Start date: September 20, 2018**

**All are welcome!**

For registration or inquiries please contact:  
[lstecky@mymts.net](mailto:lstecky@mymts.net)