

IMOTION FITNESS CONNECT

SIX WEEKLY NEW ONLINE FITNESS CLASSES

SIGN-UP ANYTIME!

LIVE CLASSES ARE STREAMED THROUGH A PRIVATE FACEBOOK GROUP:
[HTTPS://WWW.FACEBOOK.COM/GROUPS/538811800330416](https://www.facebook.com/groups/538811800330416)

MONDAY

19:00AM – LIVE TOTAL BODY PILATES MAT COMBINATIONS

TUESDAY

12:15PM – LIVE TOTAL BODY TABATA FITNESS WITH WEIGHTS

WEDNESDAY

9:00AM – LIVE MAT PILATES WITH WEIGHTS

THURSDAY

12:15PM – LIVE CARDIO TRAINING
WITH COREWORK

FRIDAY

9:00AM – LIVE TOTAL BODY PILATES
MAT WITH EQUIPMENT

SATURDAY

8:00AM – LIVE BARRE AND
INTERMEDIATE PILATES MAT
COMBO CLASS

**STUDIO LOCATION - LOWER LEVEL, BDC
PLACE, 119 KENT STREET, CHARLOTTETOWN,
PE, C1A 1N3**

