



Strength. Determination. Grace.



# GRAND OPENING

## FREE Classes All Day

### Saturday November 7<sup>th</sup>

9am~10am	Yoga with Lise
10am~11am	Bellydance with Tina
11am~12pm	Bellyfit with Jeanette
1pm~1:30pm	Nutrition Talk with The Holistic Dietitian
2pm~3pm	Zumba with Jen
3pm~4pm	Fitness Training with Jeanette
6pm~8pm	Reception ~ Bellydance Performances~iPod Draw~Fun

Men are more than welcome to attend Fitness Training~Nutrition Talk~Yoga~Reception

Who to Contact:  
Jeanette Pearson  
506.961.4340  
baladifitness.com



Where to Go:  
1201 Mountain Rd.  
Wedgewood Centre  
Room 211