

**Classes starting March / April, 2017  
Bedford Orthopedic Health Centre- 1093 Bedford Hwy..**

**REGISTER- 902-835-1932 or drop in**

**Questions call Anne @ 902-266-6338 - email – [acc.fitness@ns.sympatico.ca](mailto:acc.fitness@ns.sympatico.ca)**



**Stott Pilates – Zen.Ga - Matt with Props  
Tuesdays- 10:00 -11:00 am  
April 4 – June 6 10 weeks (in progress)  
June – 13 – August 15 - 10 weeks  
\$145 hst incl,**

**Stott Pilates – Essential Core Basic  
Tuesday - 9:00 – 10:00 am  
May 16 – July 18 – 10 weeks  
\$145 hst incl.**



**Gentle Somatic Yoga - NEW!!  
Thurs. 9:00 am – 10:00 am  
May 18 – July 20 – 10 weeks  
July 27 – Aug. 31 - 6 weeks  
\$160.00 hst incl.**



**Yoga / Pilates – For Osteoporosis - NEW!!  
Thurs. 10:00 – 11:00 am  
May 18 – July 20 – 10 weeks  
July 27 – Aug. 31 - 6 weeks  
\$160 hst incl.**



