

Belly Dancing

Fun & Exotic BellyDancing is effortless exercise. Dream of sultry nights while your bells jingle to far-away tunes.

With its graceful hip movements, rolls, and leg movements that come naturally to the female form, BellyDance works intuitively with the body instead of against it, using muscle groups in the stomach, pelvis, arms, neck and spine. There are endless health benefits to those who practice this gentle and safe form of dance.

- It can prevent osteoporosis and strengthen bones.
- Strengthened stomach muscles improve posture and prevent back pain.
- The repetitive movements help increase the flow of fluid into the joints.
- Constant arm lifts allow toning of the arm and shoulder muscles. No more Grandma arms.

Most importantly, overall toning leads to weight loss, a great self-image, better balance and more self-confidence.

Max. 10 per class. All levels. Duration: 1 hour

Sun @ 12:00 noon. Starts: March 29, 2009

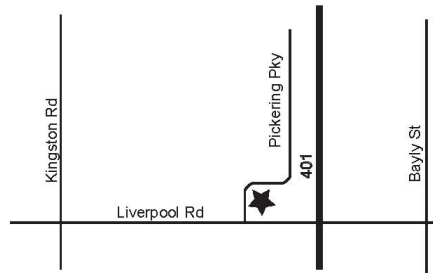
Wed @ 6:00 pm. Starts: April 1, 2009

Price: once a week for 6 weeks: **\$ 90**

Do not miss this !

Santé Clinic Hours

Monday	8:00 AM—7:30 PM
Tuesday	8:00 AM—9:00 PM
Wednesday	11:30 AM—8:00 PM
Thursday	9:00 AM—9:00 PM
Friday	8:00 AM—5:00 PM
Saturday	8:00 AM—5:00 PM
Sunday	9:30 AM—2:00 PM



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**Fresh Start
for Spring!**



**Shake the
dust off your
body!!**

Lunchtime Classes

Abs Class

Sexy Six-Pack Abs by Spring!

This abs and core muscle strengthening class involves general warm up, core strengthening and stability exercises using a mat.

Max. 10 per class.

All levels. Duration: 45 min

Weds @ 12pm. Start date: March 25, 2009

Fridays @ 12pm Start date: March 27, 2009

Saturdays @ 9:45am Starts: March 28, 2009

Price: **once a week for 8 weeks: \$ 55**

twice a week for 8 weeks: \$ 95

- Friday classes run only 7 weeks due to Good Friday.
- Fridays once a week for 8 wks: **\$ 49**

Fitness Yoga

Better than a coffee-break. Zone out.

Release your mind & body at lunchtime.

Transcend through Fitness Yoga. Clear your mind and relax with deep breathing and meditation. For serenity, strength & flexibility.

Max. 10 per class.

All levels. Duration: 1 hour

Tues @ 12:15 pm. Starts: March 24, 2009

Price: **once a week for 8 weeks: \$ 80**

Meditation

Beginners Introduction to Meditation

Easy and refreshing as taking a nap.

Meditation gets rid of mind chatter, alleviates stress and enhances relaxation.

These classes are designed to introduce you to different types of meditation. It will allow you to see which type suits you best.

- On The Breath Meditation
- Jacobson's Body Relaxation Meditation **(good for insomnia)**
- Guided Meditation
- Group Meditation
- Chant Meditation

...just a few different types of meditation.

Beginners class. Duration: 30 mins

Thurs@ 12pm Starts: March 26, 2009

Thurs @ 12:35pm Starts: March 26, 2009

Price: **once a week for 8 weeks: \$ 48**

Advanced Meditation for the Adventurer

Take the trip. Transcend the ordinary.

Mons @12 -12:45pm. Starts: March 23/09

Price: once/week for 8 weeks: **\$ 78**

Early registration by March 13/09: **\$ 70**

Discover Guided Meditation & Energy Healing.

Suns @ 1 -2pm Starts: March 29/09

Price: once/week for 8 weeks: **\$100**

Early registration by March 13/09: **\$ 90**

Boot Camp

Sweat it all off, army style.

This boot camp style class alternates between cardio and muscle conditioning stations.

The rest-to-work ratio helps keep you working hard. No fancy footwork required!

Alternate between moderate and high intensity bursts of cardio and strength conditioning, using various movements for a full body workout.

All Levels, 1 hour classes.

Max. 10 per group.

Tues @6:00pm. Starts: March 24/09

Saturdays @8:30am. Starts: March 28/09

Price:

once a week for 8 weeks: **\$ 60**

twice a week for 8 weeks: **\$ 100**

Reduced price!

