



WINTER YOGA & FITNESS CLASS SCHEDULE

Group Class \$15.00+ +pp

Wednesday 9:30 am
Mat Pilates

Thursday 10:30am
HIIT

Friday 9:30am
Core

Saturday 9:00am
Yoga



Yoga, Pilates, Fitness, Personal Training:

Personal Training
60 minutes: \$150.00 per person.

Personal Training
90 minutes: \$225.00 per person.

Additional Person:
\$75.00 per person.

Please be informed that 12% Spa & Hotel Tourism
Tax is added to your Fitness service receipt.

Enjoy your Workout!

THE SHORE CLUB

LONG BAY BEACH

#shoreclubtc
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