



Lotus Fitness and Wellness

Liana Stecky, LCSP (Phys), MTAM, CMTA, HRM
Registered Massage Therapist, CPR, First Aid
Zumba Instructor, Stott Pilates Instructor
Vinyasa Yoga Instructor 200-RYT, 500-RYT
Personal Trainor, CanFitPro & MFC

SCHEDULE

- Zumba Fitness & Toning-Tuesdays at 7:00pm
- Power Stott Mat Pilates-Thursdays at 7:10pm
- Vinyasa Gentle Flow Yoga-Thursdays at 8:10pm
- Personal Training-contact me for details

No Drop-ins Please!

Bronx Park Community Centre - 720 Henderson Hwy - Multipurpose Room

For registration please contact:

Liana@lotusfitnessandwellness.ca

www.lotusfitnessandwellness.ca