

**Barb Shaw's Yoga and Ballet Barre Classes  
At The Wilson Park Community Centre  
66 Northey's Bay Road K0L 3E0  
[www.northkawartha.ca](http://www.northkawartha.ca)**

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**Friday Morning Yoga with Barb Shaw**

Four weeks of gentle vinyasa yoga, somatic movement and mindfulness.

**Schedule**

Friday mornings 10:00 am to 11:00 am

**First class: February 21, 2020**

**Last class: March 13, 2020**

**Fees**

One class per week for four weeks - \$40.00 for the session, or \$15 per class.

Drop-ins are welcome, but please note, this is a class for adults.

Students need a mat, water, and loose clothing.

**Friday Morning Ballet Barre with Barb Shaw**

A fun fusion of ballet, pilates and yoga, that uses great music and range of motion exercises to strengthen and tone. Please wear layers, as this is a sweaty class, and bring water! Please be prepared to go barefoot for the class, and no yoga mat is required. No experience required.

**Schedule**

Friday mornings 9:00 am to 10:00 am

**First class: Currently on hiatus**

**Last class:**

**Fees**

One class per week for six weeks - \$60.00 for the session, or \$15 per class.

Drop-ins are welcome, but please note, this is a class for adults.

Students need water, and loose layered clothing.

**Registration for either class**

Payment is by cash or cheque.

Cheques made payable to: Barb Shaw

Please register in advance.

Call or email Barb to register, or for further information.

613-334-4164

[bjshaw@sympatico.ca](mailto:bjshaw@sympatico.ca)