



YOGA



**With Danielle at
Lakeside Fitness
In Scotch Creek, BC**

**SATURDAYS at 10am
beginning
December 15th, 2018**

\$10.00 Members

\$12.00 Non-Member

\$2.00 Mat Rental

Drop In's are Welcome

Advance Registration is Appreciated

Members can register through [Gym Master](#) or
via lakesidefitnesscenter@gmail.com

Or just drop by the Gym

[CLICK HERE to connect with Lake Side Fitness](#)



For more advance information on what the yoga class will be like, or to learn more about Danielle's yoga experience and programs, please give her a call at 250-679-4411 or visit her website at <http://www.lifeforceenergy.net/yoga/>