



2967 Kingston Road (Cliffcrest Plaza West Side), Scarborough, ON. 416-816-2220

Website: CliffcrestFitness.ca Email: CliffcrestFitness@gmail.com

Small Group **February** Class Schedule: **Min. 4 people required in each class**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am		Interval Training (45 min)				
9:00 am	*“TMPendotion” (50 min)	Interval Training (45 min)	Springboard Pilates (50 min)	Strength Circuit (45 min)	Springboard Pilates (50 min)	8:30am Springboard Pilates (50 min)
10:00 am	Strength & Mobility All Levels (50 min)		Hatha Flow Yoga (60 min)		10:30am TRX/Bosu (50 min)	9:30 –10:15am TRX Circuit (45 min)
5:00 pm				Hatha Flow Yoga (60 min)		
6:30 pm		Unwind Yoga (60 min)				

Note: Schedule is subject to change based on attendance and instructor availability

* “TMPendotion is a series of targeted movements that help your metabolic fluids circulate through your body. Did you know that all the systems in your body are fluids-based? With correct movements, these fluids will deliver vitality and healing to your entire body. The problem is, modern activities don’t promote healthy fluid flow. We bind our feet in shoes, we lock joints for “strength” and we exercise muscles in isolation. TMPendotion movements restore the internal flow that your body needs to adapt, grow and renew. Movement becomes medicine.” Charlene Sullivan, Creator, TMPendotion Method of movement.