



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

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

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

**Rate: \$15 per class (HST included)**

| Start Time     | Monday     | Tuesday           | Wednesday           | Thursday                     | Friday                 | Saturday                   |
|----------------|------------|-------------------|---------------------|------------------------------|------------------------|----------------------------|
| 6:30-7:15 am   |            | Interval Training |                     | Interval Training            |                        |                            |
| 9:00-9:55 am   | Pendotion™ | Interval Training | Springboard Circuit | Interval Circuit with Deanne | Pilates with Audrey C. | 8:30am Springboard Circuit |
| 10:00-10:55 am | Pendotion™ |                   | Yoga with Audrey T. |                              | On the Ball            |                            |
| 12:00-12:45 pm |            |                   |                     |                              | Pendotion™             |                            |

Pendotion™ 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. Pendotion movements restore the internal flow that your body needs to adapt, grow and renew. Movement becomes medicine." Charlene Sullivan, Creator, Pendotion Method of movement.