

604.535.9108

flomotion
fitness + yoga studio



Tuna for Training

**Did you know there are
Seniors going hungry
in your community?**

Donate Can(s) of Tuna to attend a Class and Help Stop Seniors from Going Hungry

GPT ~ FitCamp

**Tuesday June 28th
5:30pm-6:30pm**

This Group Personal Training Class consists of cardio agility drills and targeted muscle toning. Open to all levels

Donate Can(s) of Tuna and be entered into a draw to win a \$50 Gift Certificate to Five Corners Bistro
Donations accepted until June 30th

**FloMotion Fitness + Yoga Studio
15186 Buena Vista Avenue, White Rock
at the Historic Five Corners**

Yin Yoga

**Tuesday June 28th
6:45pm-7:45pm**

This Yoga class consists of long held passive postures, to relax you inside and out. Open to all levels



**Comfort
Keepers®**

**We are collecting
Tons o' Tins o' Tuna
Help Us...**

**STOP SENIOR
HUNGER**

**We need 1,000 tins
by June 30
We have 100 so far!**

www.flomotion.ca