



*Between Mothers*  
WELLNESS CENTRE

333 ONTARIO STREET, ST. CATHARINES ON, L2R 5L3  
905-401-1545 • [WWW.BETWEENMOTHERS.CA](http://WWW.BETWEENMOTHERS.CA) • [INFO@BETWEENMOTHERS.CA](mailto:INFO@BETWEENMOTHERS.CA)

### **A message from Angela at Between Mothers**

It has been my pleasure sharing this space with the Energy families. I love seeing all the athletes and parents coming and going. Parents need to take care of themselves too! Between Mothers has some class options for parents too (Moms and Dads and Grandparents and let's not forget the Coaches and Staff)

#### **Monday 5:30-6:40pm**

Angela's Maxx Class - this is a fun, challenging Vinyasa flow class, often using fun props, flowing along to fun tunes! Stretch, strengthen and sweat!

#### **Tuesdays 7:45-8:45pm**

Adult Pilates - Ashley has a good balance of traditional pilates moves fused with some counter yoga stretching. Strengthen your core, stretch and tone!

#### **Thursday 9:30-10:40am**

Let's Be Gentle - this is an easy gentle yoga class suited for all ages and levels. Stretch, unwind and relax!

Register at [www.betweenmothers.ca](http://www.betweenmothers.ca)

We also have a wonderful registered massage therapist Marsha Adams who is eager to work with gymnasts and loves kids! We have 2 available Saturdays in September scheduled for massage therapy at a special rate of \$50 for 1/2hr

September 15th 10am-2pm

September 29th 10am-2pm

To book please call me at 905-401-1545

Never hesitate to stop by and check out the studio or ask any questions.

I hope everyone has a successful 2018/19 season!!

Namaste

Angela



EMPOWERING WOMEN  
*to achieve the best*  
PREGNANCY & BIRTH EXPERIENCE