



## spring / summer 2011 schedule

valid May 1 – October 31, 2011

### west

belly bootcamp (prenatal)	sat.	9:45-10:45 a.m.	swansea town hall, 95 lavinia ave.
bellies & strollers (postnatal)	tue.	11:00-12:00 p.m.	high park (bloor/high park)
	fri.	11:00-12:00 p.m.	high park (bloor/high park)
beyond bellies (women only)	sat.	9:45-10:45 a.m.	swansea town hall, 95 lavinia ave.

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### central

belly bootcamp (prenatal)	sat.	9:00-10:00 a.m.	danceology, 171 east liberty st.
bellies & strollers (postnatal)	mon.	11:00-12:00 p.m.	trinity bellwoods park (dundas/shaw)
	wed.	11:00-12:00 p.m.	trinity bellwoods park (dundas/shaw)
beyond bellies (women only)	sat.	9:00-10:00 a.m.	danceology, 171 east liberty st.
bellies run! bootcamp <i>runs June 14 – August 2</i>	tue.	6:30-7:30 p.m.	lakeshore west (strachan/lakeshore)

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### east

bellies & strollers (postnatal)	tue.	11:00-12:00 p.m.	woodbine park (queen/kingston)
	thur.	11:00-12:00 p.m.	woodbine park (queen/kingston)

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