



LIVEWITHSPIRIT

Yoga · Pilates · Kettlebell · Nutrition

7 DAY PASS

101½ Mary Street, Suite 201, Whitby 905.620.1151 www.livewithspirit.ca

This pass is valid for 7 consecutive days and has no cash value, no can be used in conjunction with any other offers. All taxes are included. We are not responsible for lost or stolen passes. This promotion is for first-time users only. Please print and bring this pass to your first class. This class pass may be used for drop in classes only, pre-registered classes/workshops/teacher training are not included. For class times and dates, please visit our website at www.livewithspirit.ca

Feel Free to print this off for a friend, having a workout buddy is a proven way to stay motivated.



Make time for yourself, you deserve it!

NAME: _____ PHONE: _____

EMAIL: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

EMERGENCY CONTACT: _____

Twice monthly we send out emails with new class information, special offers and healthy recipes and tips. If you do not want to receive these emails please tick here

Live With Spirit, changing lives through yoga, nutrition, running and fitness!