

2009 Workshops

March 18, 2009

Introduction to Tai Chi for people with arthritis

Date: Wednesday, March 18, 2009

Time: Wednesday, 9:00 – 10:00 Basic Moves 1-6 review. 10:00 – 12:00 pm Advanced moves 6-12.

Location: Pan Am Pool – Multi Purpose Room

Cost: Free – registration is required.

Registration: To register call Bonnie at 1 – 800 – 321 – 1433 or 942 – 4892 or email

bhopps@mb.arthritis.ca

CECs: TBA

March 28 and 29, 2009

Fast Track Fitness Yoga Teacher Training – Module One

Date: Saturday and Sunday, March 28 & 29, 2009

Time: 9:00 – 5:00 pm

Location: Winnipeg

Registration: Maureen Rae & Joseph Donnelly at 905 – 274 – 3312 or email: jrae5633@rogers.com

CEC's: 5.0 Theory and 5.0 Practical

Any questions contact Maureen and Joseph

www.mraesyogastudio.com

April 19, 2009

Made In Manitoba Conference

Date: Sunday, April 19, 2009

Time: 9:00 am – 2:30 pm

Location: St. James Centennial – Winnipeg, MB

Cost: TBA

Registration: Manitoba Fitness Council 474-8644 or 1-800-432-1960 ext 8644.

CEC's: TBA

October 17, 2009

Manitoba Fitness Council's Momentum 2009 Conference

Date: Saturday, October 17, 2009

Time: TBA

Location: TBA

Cost: TBA

Registration: Manitoba Fitness Council 474-8644 or 1-800-432-1960 ext 8644.

CECs: TBA

October 18, 2009

Manitoba Fitness Council's Momentum 2009 Conference

Date: Sunday, October 18, 2009

Time: TBA

Location: Victoria Inn – 1808 Wellington Avenue, Winnipeg

Cost: TBA

Registration: Manitoba Fitness Council 474-8644 or 1-800-432-1960 ext 8644.

CECs: TBA

MFC will be continuing our tradition of bringing in some of the best national and/or international presenters that are well known in the world of fitness. More details to follow.
