

# SWEAT FOR SIGHT 2018—EVENTS

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## Vancouver, BC

- October 11<sup>th</sup>: The Bar Method, West Vancouver and Yaletown, \$5 donated per person attending the designated class
- October 11<sup>th</sup>: BEFit, matching all donations received
- October 11<sup>th</sup>, Fit Body Boot Camp, all sessions (2 in Marpole, 8 in Kitsilano) will be by-donation
- October 13<sup>th</sup>: Curves Kitsilano, Zumba in the Circuit class at 10:30am

## Calgary, AB

- Every Saturday in October: The Yoga Shala, donating funds from every 1:15 pm class
- September 29, 1:30-2:30pm; October 6, 1:30-2:30pm; October 27, 1:30-2:30pm, Yoga in Bowness, donating funds from three karma classes
- November 4<sup>th</sup>: Yoga Santosha, donating funds from a blindfolded karma class, 2:00-3:15.



## Edmonton, AB

- September 28<sup>th</sup>: Tru Ride, Glow Bright and Tight Ride
- October 11<sup>th</sup>: Yogalife Studios, blindfolded yoga class, one at each studio

## Halifax, NS

- October 13<sup>th</sup>: Halifax Yoga, children's yoga class and/or adult spin class, at 12pm

## Fort Erie, ON

- October 14<sup>th</sup>: YogaJoy, Yoga in the Dark, at 10:30, by-donation with all proceeds going to Seva

## Kingston, ON

- October 11<sup>th</sup>, Foundations Training Centre, \$10 full body bootcamp at 6pm, all proceeds going to Seva.

