



# sign up

the registration guide

## Fall YOGA & PILATES

**REGISTER NOW!**

- Yoga + chair yoga
- Pilates mat, Reformer, Tower
- Total Barre
- Nutrition, personal training, therapy

Classes begin  
**SEPTEMBER 7**

Register Today!

**BALANCED  
LIFE SOLUTIONS**

[www.gabriellemanski.com](http://www.gabriellemanski.com)  
[info@gabriellemanski.com](mailto:info@gabriellemanski.com)  
**416.805.3887**



# YORK ADULT SOCCER LEAGUE WINTER 2015/16

- Monday – Men's Open
- Tuesday – Men's 35+
- Thursday – Women's Open
- 23 regular season games + 1 playoff game
- Open Drop In on Thursdays and 45+ Drop In on Fridays

All inquiries to:  
[thomas.douma@townofws.ca](mailto:thomas.douma@townofws.ca)  
 or 905-640-1910  
 ext: 2929

**\$2,075**  
per team

MMA Cardio Kick Boxing



## STOUFFVILLE MARTIAL ARTS ACADEMY

# KARATE

*The secret is out.*

Our award-winning instructors can teach your child to develop these outstanding Black Belt Principles:

- INTEGRITY
- GRATITUDE
- COMPASSION
- SELF-CONTROL
- COURTESY
- PERSEVERANCE
- MODESTY

- Brazilian Jiu Jitsu
- Ninja Tots
- MMA



**Start the school year with confidence**  
 Voted #1 martial arts school in Stouffville for 2011, 2012, 2013, 2014

**KIDS  
JIU JITSU**

**WE DO AMAZING  
BIRTHDAY PARTIES!**

61 Ringwood Dr., Unit 3, Stouffville  
 905-640-7474 [www.teamsmma.com](http://www.teamsmma.com)

## STOUFFVILLE SKATING CLUB

**ONLY THE BEST**  
 can bring out their best



Canada's best learn-to-skate program  
 Fun, focused skills for all skating sports  
 Nationally certified coaches



**PRECAN CANSKATE**

**NEW**

**ONLINE REGISTRATION!**  
[www.stouffvilleskate.com](http://www.stouffvilleskate.com)



Clippers Arena 120 Weldon Ave, Stouffville 905 642-8651