

**NEW YEARS RESOLUTIONS to get in shape and feel better? Yoga-Fitness Wellness Programs** in Conway with Jody Fontaine “HealthyBody, Healthy Mind”. Close to home & convenient, check out the schedule below. 3 new classes forming (six week sessions) Core-Fitness , Yoga-Fitness for Moms & Kidz and Yoga for Kidz Carnival Style ( after school at Grammar School).

Day and time	Program	Location	For
Mondays 3:30-4:45 pm	Yoga	Conway Grammar	Teachers, Staff & Parents
Mondays 5:30-6:45 pm	Yoga	Firemans Aux Bldg. (next to Fire Station)	All Levels
Mondays Noon-8 pm	Private & Group Reiki Sessions	Conway Healing Arts 46 Main Street	All-By appt
Wednesdays 10:15-11:30 pm	Yoga	Firemans Aux Bldg. (next to Fire Station)	All Levels
Thurs. 7-8:15 pm (once a month) 2/7 & 3/14	Restorative Yoga with Reiki Healing Touch	Firemans Aux Bldg. (next to Fire Station)	All Levels
Classes forming Call for details	Core Fitness Mom-Kids Yoga	Classes forming Call for Details	All Levels Call with kids age
Fridays 8AM-8PM	Private & Group Reiki Sessions	Conway Healing Arts 46 Main Street	All Levels

**Private Yoga, Reiki and Fitness sessions available.** Call Jody Fontaine 413-824-9435 or [ucreatesolutions@gmail.com](mailto:ucreatesolutions@gmail.com). Jody Fontaine brings her diverse training and experience in the fields of health & fitness including certifications as an AFAA Personal Trainer, an Embody-Yoga teacher (200 Hr) and a Certified Pilates Instructor. Jody is also a Reiki Master and a Certified Birth Doula. A lifelong outdoor enthusiast, Jody’s special love and passion for skiing has inspired her to achieve PSIA Level II Ski instructor certification. *“I am eager to help you reach your personal fitness goals so you can experience the joy of abundant health”*

### ***DEADLINES FOR THE VISITOR***

The deadline for Visitor articles is the 20th of the month. All attempts are made to publish the Visitor in the first week of each month. If your event occurs in that first week, consider providing your information in the month preceeding! Mail copy to: **Visitor, P.O. Box 214, Conway, MA 01341** or email copy to [visitor@uccofconway.com](mailto:visitor@uccofconway.com).