



**McMASTER**  
**ATHLETICS & RECREATION**  
[www.marauders.ca](http://www.marauders.ca)

## **Summer 2019 Programs**

David Braley Athletic Centre

**Try the first class Free!**

**July 9-11**

### **Tuesdays**

**6:30pm Yoga** (Mindfulness Centre)

**7:30pm Karate (Day 1)** (Mindfulness Centre)

### **Wednesdays**

**12:00pm Pilates** (Mindfulness Centre)

**7:30pm Fencing** (Smith Gym)

### **Thursdays**

**6:30pm Yoga** (Mindfulness Centre)

**7:30pm Karate (Day 2)** (Mindfulness Centre)

**Register in WG 101, DBAC or  
Email [reconline@mcmaster.ca](mailto:reconline@mcmaster.ca)**