

SCHOOLPALOOZA AUCTION PREVIEW - HEALTH AND WELLNESS

<p>One Year Membership Gift Certificate at eMbody Fitness Embrace, empower, embody fitness. Achieve your health and fitness goals in a private, elegant and welcoming fitness club. Value: \$1,446</p>	<p>Body + Soul Fitness Membership and 3 Personal Training Sessions A 12-Month membership and three personal training sessions at Body + Soul Fitness. Available to new members only. Value: \$1,300</p>
<p>Foursome at Greystone Courtesy of ClubLink, enjoy a foursome of golf at exclusive Greystone Golf Club, beginning before noon on weekdays or after 3 p.m. on weekends and holidays. Mandatory power cart is included. Expires December 31, 2016. Value: \$840</p>	<p>Foursome at Heron Point Courtesy of ClubLink, enjoy a foursome of golf at Heron Point Golf Club, beginning before noon on weekdays or after 3 p.m. on weekends and holidays. Mandatory power cart is included. Expires December 31, 2016. Value: \$560</p>
<p>Coaching session from Calm Down One personalized coaching session and additional \$100 off any pre-paid coaching package (Coaching, workshops, laughter yoga, online program) Value: \$300</p>	<p>\$280 gift certificate for naturopathic consultation/ services Dr. Shawn Meirovic is a naturopathic doctor who can help in the treatment of pain, multiple sclerosis, fibromyalgia, and neurological disease. Value: \$280</p>
<p>Zoom Teeth Whitening Gift Certificate Turn up your shine with professional teeth whitening from Eglinton Way Dentistry. Value: \$399</p>	<p>Five Classes at Barreworks Gift certificate for five classes, expires May 4, 2016 Value: \$107</p>
<p>Nutrition Clinic paediatrics and prenatal 45 minute appointment with a Registered Dietician at GSH Medical. Valid until January 1, 2017 Value: \$90</p>	<p>IV Vitamin C infusion Valid for Vitamin C infusion from GSH Medical. Expires January 1, 2017. Value: \$150</p>
<p>5 yoga classes at Moksha Uptown Enjoy 5 yoga classes at our studio located on Yonge north of St. Clair. Value: \$90</p>	<p>Hypopressives Canada Gift Card Hypopressive - Low Pressure Fitness training session with Trista Zinn Value: \$125</p>
<p>Connected Fitness & Activity T Withings bluetooth Activity Pop to track activity and sleep. Includes alarm and is safe for swimming (water resistant to 50m). From our friends at Resource Group Canada. Value: \$199</p>	<p>Connected scale with heart rate and air quality tracking Withings wi-fi smart scale tracks your weight and body fat, your heart rate and air quality. From our friends at Resource Group Canada. Value: \$199</p>
<p>5-pack of Classes from Track Track puts you in control of your fitness and gives you the power to master your life. Good for any classes. Based in Forest Hill (Lonsdale Road). Value: \$150</p>	<p>Connected camera with air quality tracking Withings complete home monitoring solution that connects with your iPod, iPhone or iPad. From our friends at Resource Group Canada. Value: \$199</p>
<p>5-pack of Classes from Track Track puts you in control of your fitness and gives you the power to master your life. Good for any classes. Based in Forest Hill (Lonsdale Road). Value: \$150</p>	<p>One Pilates Reformer or Mat Class from Russell Hill Chiropractic & Natural Health Stretch, strengthen and tone with a Stott certified Pilates instructor. Experience either mat or reformer Pilates. Learn to engage your core while working out your arms and legs. Value: \$30</p>
<p>Initial Chiro Assessment and Treatment at Russell Hill Chiropractic & Natural Health Chiropractic consultation and examination, including postural assessment, orthopaedic and neurological tests and x-rays if necessary. This visit includes a treatment. Value: \$90</p>	<p>30 Minute Massage Half-hour deep tissue massage at Russell Hill Chiropractic & Natural Health. Value: \$70</p>
<p>3 Month Free Membership at Women's Fitness Clubs of Canada Unlimited use of the facility and all classes at the Bayview north of Roehampton location. Must be 18 years or older and have not been a member in the past 18 months. Value: \$199</p>	