

YOGA

Total Body Relaxation Workout.

All Levels Welcome.

MONDAYS 5:30- 6:30 pm

Nov 20, 27

Dec. 3, 11, 18

5 Weeks \$25.00

Liz Horton CYA – Maria Marino's Fitness Pros



Classes are in the Activity Center - Verkuilen Building

Advance Registration Required.

Contact Sandy Birkenshaw at

469-6932

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