

# YOGA

**MONDAY, 5:30-6:30 pm**

**November 18- December 16**

**5 Classes -\$25.00**

**Maria Marino's Fitness Pros**

**Total Body Relaxation Workout. All Levels Welcome.**

# ZUMBA

**WEDNESDAYS 5:00-6:00 pm**

**New Session Starts**

**November 13th**

**No Registration \$5.00 per class**

**Advance Registration Required.**

**Contact Sandy Birkenshaw at**

**469-6932**

**[sandy.birkenshaw@macombgov.org](mailto:sandy.birkenshaw@macombgov.org)**



**All Classes are in the Activity Center of Verkuilen Building**