



New Class Day Time Classes

1st Class only \$5 + tax

Due to the demand for more gentle classes we have created the following two classes that will be offered starting in November 2013:

Beginner /Gentle

Fridays 10:45 - 11:45am

Chair Yoga

Wednesday 3:00 - 3:45pm

Beginner/Gentle Yoga is good for people who:

- *want a gentle stretch and relieve tension*
- *relieve stress and anxiety*

Chair Yoga is good for people who:

- *same as above*
- *but also have mobility issues and would prefer the comfort of a chair vs. the floor*