

Yoga

Join Lynne for a class that incorporates a rejuvenating mix of body, mind and spirit relaxation. Enhance flexibility, balance, endurance improve posture,



**Mondays & Wednesdays
8 - 9am**

January 2 - 30, 2019 (No Class 1/21)	\$40R/\$45NR
February 4 - 27 (No Class 2/18)	\$40R/\$45NR
March 4 - 27	\$40R/\$45NR
April 1 - 29	\$45R/\$50NR
May 1 - 29	\$45R/\$50NR

Walk-In Fee: \$6 per class