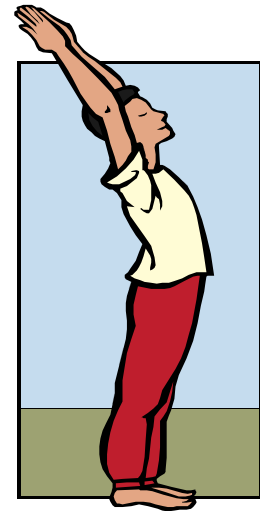




Yoga at the Clubhouse!



Six Sessions starting Wednesday, March 24th, and each Wednesday through April 28th, 2010. Time is 6:30 PM to 7:30 PM.

Cost: \$42.00 due at the beginning of the first class

This class will be taught by Brenda, an experienced Instructor from Lifetime Fitness. This class is appropriate for beginners and experienced women and men. You will need to wear comfortable clothing and bring a yoga mat.

To secure a spot in the class, please call Jeanne Paxton @ 398-4462 by March 12th, 2010. The class will be able to accommodate 10-12 people.

If you want to de-stress, increase your core strength, or just improve your flexibility, then this class is for you!!!!