

# YOGA



**Gentle Yoga**

**Gentle Yoga**

**Gentle Yoga**

**Chair Yoga**

**Tuesday**

**Wednesday**

**Thursday**

**Thursday**

**8:30 am**

**5:15 pm**

**9:00 am**

**10:15 am**

**\$36 – 4 Lessons - \$65 – 8 Lessons - \$10 drop-in**