

EACH MONDAY
STARTING 11/1/21

STRETCH & BREATH

7-7:45
PM



Join us as we stretch the day away, de-stress and learn to use breath to relax. Please bring a yoga mat, towel, and water bottle.

Masks are required at all times within the facility.

For more information & to register,
please call 980-314-1300.

Ages: 18 yrs & Older
\$5 per class

