

YOGA



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A great program for ages 8-15

YOGA has the following benefits

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~Increase flexibility

~Learn proper breath technique

~Improve balance

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~Burn Calories

~Create a fitness habit for life!



Course #149 Sunday 11:15-12noon

Begins Sunday October 3rd

Class meets once a week for 8 weeks

Cost: Member \$69 Nonmember \$99

Drop in Fee:

Member \$12 Nonmember \$15

The New
Spa 23
Health & Racquet Club

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