

YOGA



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A great program for ages 10-15

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 #139 Sunday 11:15-12noon

Begins Sunday April 18th

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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