

END THE WEEK A IN A GREAT WAY WITH A
90-MINUTE YOGA SESSION!

Drop-in Yoga



FIT ZONE GYM • CAPODICHINO

11:15 A.M.-12:45 P.M

JULY 28: ARM BALANCES AND INVERSIONS

AUG. 25: YOGA 101

SEPT. 29: VIN & YIN

\$20
PER CLASS

NO
PRE-REGISTRATION
REQUIRED

Just drop in and pay with a credit card!

The class takes a minimum of three people and a maximum of 15 people on a first-come, first-served basis.

For more information, call 081-568-4265 | DSN 626-4265.

