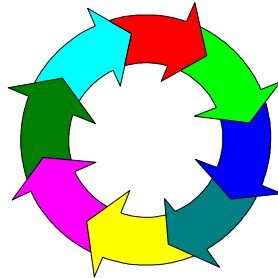


# Yoga

This new invigorating class will be able to offer a chance for you to come in touch with your physical, mental, emotional and spiritual person.

Yoga is designed to target every muscle, bone, tendon, ligament and organ in the human body, as well as being able to relax your mind and spirit. Class is open to all ages and levels of fitness.

**Come and join us for maximum wellness.**



**Saturday ~ 9:00-10:00am**

(Classes will be held in the nursery room)

**Sept. 11 - Nov. 6**

(No class Oct. 9)

**Fall 2010**

**Unlimited: Members: \$100 or \$13 per class**

Yoga

Fall 2010

Sept. 11 - Nov. 6

Name: \_\_\_\_\_ Member: Y N Age: \_\_\_\_\_

Address: \_\_\_\_\_

Amount \$: \_\_\_\_\_ Check #: \_\_\_\_\_ Phone #: \_\_\_\_\_

I hereby certify that I, the undersigned, am aware of the strenuous nature of this activity and its inherent dangers and have consulted with my physician before beginning this class.

Signature: \_\_\_\_\_