

Seniors YOGA



- **MONDAYS**
- **9:30-10:30**
- **Starts: January 14 & 28**
- **February 4 & 25th**
- **March 4 and 18th**
- **No Experience Necessary**
- **bring Water.**

SIGN UP SHEET:

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
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11	_____
12	_____