



55 Plus Satellite Programming

YOGA-DANCE FUSION

@ Warren Community Hall

**Watch for Info on Our Next Session!
Anticipated Spring 2020!**

Step out of your hectic life for one delicious hour as you get your groove on with music and Gail Spencer-Lamm. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements. You will be encouraged to lean against your edge with considerate persistence and to honour your needs. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized! You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!



Register with 55 Plus @ 204-467-2582

55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.